

Post Shorts

Recycling schedule

The recycling pickup for Wednesday, Sept. 15, is plastic, glass and metal. Put items in blue bags and place them on the curb.



Town Hall Meeting slated for Sept. 21

A Town Hall Meeting will be held Sept. 21, 2-4 p.m., at the Edgewood Area Conference Center. The center seats about 200, but the event also will be broadcast live on WAPG-TV, on-post cable channel 3. Maj. Gen. John C. Doesburg, commander of APG and the U.S. Army Soldier and Biological Chemical Command, will talk to both the post audience and personnel from SBC-COM at other locations via video-teleconference. For more information, call Jim Allingham at 410-436-5391. If you have questions to submit before the meeting, send them by e-mail to jmalling@sbccom.apgea.army.mil.

Corrections

In last week's story about the Federal Women's Program award ceremony, Suzanne Schultz of the U.S. Army Soldier and Biological Chemical Command inadvertently was omitted from the list of nominees for FWP Outstanding Woman of the Year. She was the first runner-up.

Shirley Washington's organization was misidentified in the article; she works for the Directorate of Information Management.

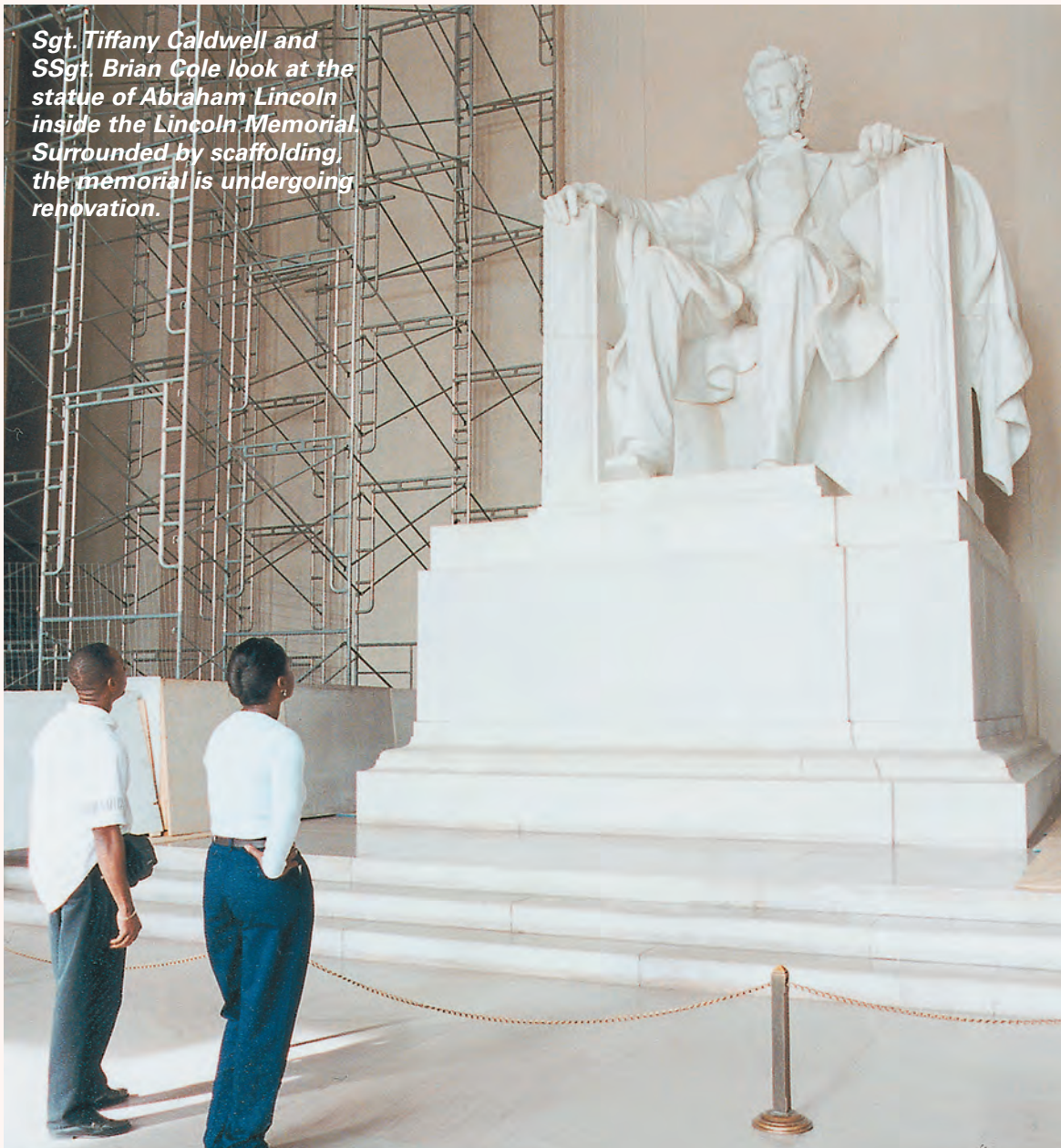
Youth bowling starts soon

Young American Bowling Alliance Youth League will begin Sept. 11, 10 a.m. at the APG Bowling Center. The league, which runs until April 29, is open to all youths ages 5-21. The National membership fee is \$10.50, and the weekly bowling fee is \$5. For more information, call Sandy MacDonald 410-436-3534 during the day, or call the APG Bowling Center at 410-278-4041 after 5 p.m.

Parenting class start soon

The Army Community

See **SHORTS**, page 2



Sgt. Tiffany Caldwell and SSgt. Brian Cole look at the statue of Abraham Lincoln inside the Lincoln Memorial. Surrounded by scaffolding, the memorial is undergoing renovation.

Photo by RALPH BROTH

TECOM gives soldiers close look at history

By Yvonne Johnson
APG New

Within the borders of the nation's capital lie the foundation of the nation, treasures and archives preserved for public inspection.

To familiarize soldiers with that foundation, the U.S. Army Test and Evaluation Command took a staff ride to Washington, D.C., on Sept. 1, for the members of the TECOM Soldier and Non-commissioned Officer of the Year Competition and their sponsors.

TECOM Command Sgt. Maj. Tyler Walker III, said the trip was planned to "bring soldiers closer to an understanding of our national and military heritage."

"When soldiers get to see for themselves where we come from, they gain a better understanding of our tradition and our goals," Walker said.

He led seven candidates for TECOM Soldier and NCO of the Year, their sergeants major, and invited guests, on a tour of the White House, the Vietnam Memorial, the Lincoln Memorial, the Pentagon, the 3rd Infantry Division (Old Guard), and Arlington National Cemetery's Tomb of the Unknown Soldier.

The candidates are SSgt. Douglas A. Hollon and Pfc. L. Maurice Brady representing

See **HISTORY**, page 4

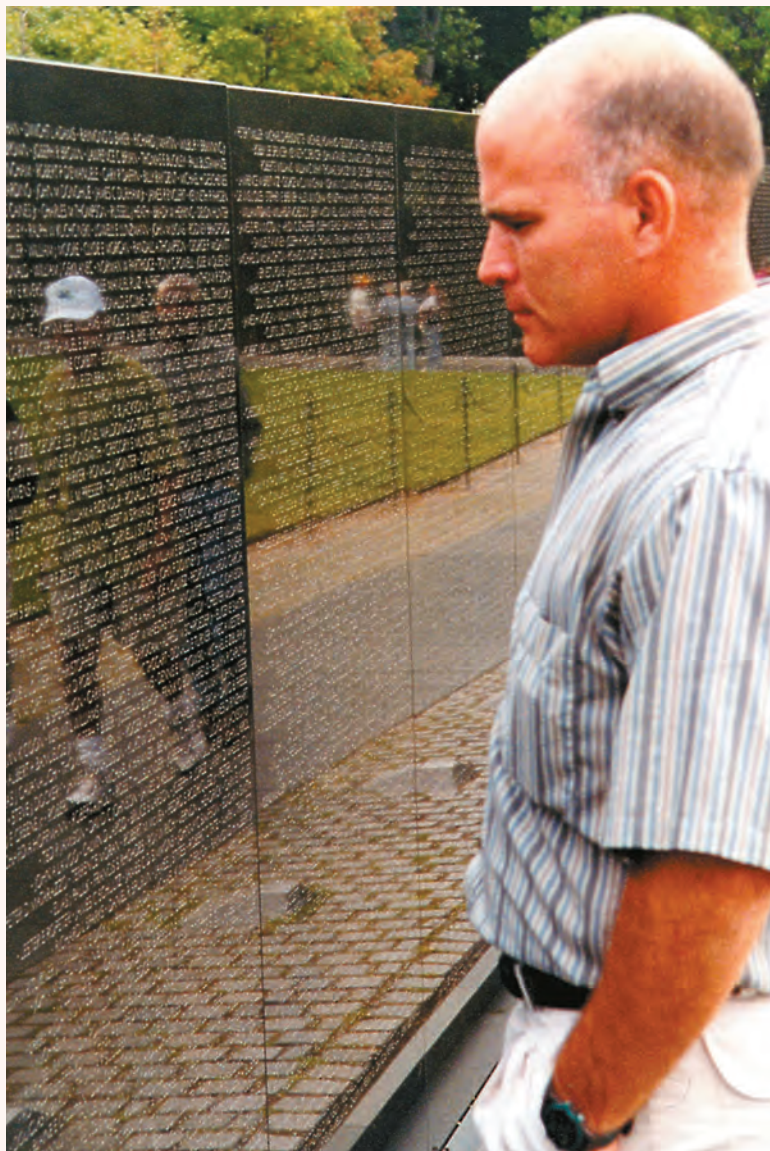


Photo by YVONNE JOHNSON

SSgt. Bruce Neyens, Aberdeen Test Center, gazes solemnly at the Vietnam War Memorial in Washington, D.C. Neyens, who accompanied two of his soldiers who were competing for TECOM NCO and Soldier of the Year, had four uncles who survived tours in Vietnam.

CA update

No RIF before April 2000; decision on appeals pending

By Karen Jolley Drewen
APG News

The commander of Aberdeen Proving Ground Garrison updated the post community about the Commercial Activities Study during a live television broadcast Wednesday, and announced that a reduction-in-force would not be implemented before mid-April 2000.

Col. Robert J. Spidel, commander of APG Garrison, began by announcing that his original intent was to provide information about the Appeal Board's decision on the Installation Operations and Community/Family Activities

package, the larger of the garrison's two CA packages.

"I had originally scheduled this televised brief in anticipation of announcing the Appeals Board's decision on one of our CA packages, but the events of the past few days did not unfold as I had anticipated," he said. "In light of this, instead of canceling the broadcast, I would like to go ahead and update you with the information I do have."

The announcement of a contractor win of that package came May 27, leading to an appeals period that ended July 9.

See **CA**, page 2

Hispanic heritage to be celebrated with cultural cuisine

Hispanic Heritage Month will be celebrated on post with the annual Hispanic Specialty Meal planned for the post dining facilities on Sept. 21.

From 5:30-7 p.m., the post community can join soldiers at the annual Hispanic Specialty Meal. All military, family members, Department of Defense civilians, retirees and guests are invited.

The standard meal rate of \$3 applies to any officer, enlisted member, and family member of sergeant or above, Department of Defense civilians, retirees and their guest.

The discount meal rate of \$2.45 applies to spouses and other family members of enlisted personnel

in ranks private through specialist/corporal and members of organized nonprofit youth groups at either the national or local level and permitted to eat in the dining facility by the commanding officer of the installation.

The meal will be served at the Aberdeen Area dining facilities in buildings 4219 and 4503, and in the Edgewood Area's dining facility in building E-4225.

On the menu will be enchiladas, Mexican chicken, tacos, burritos, chili con carne, Spanish rice, refried beans, seasoned red beans, and breads, pastries, desserts and beverages.

For more information, call 410-306-1395/1397.

Web page hacker arrested, government sites more secure

By Sfc. Connie E. Dickey
Army News Service

WASHINGTON (Sept. 1, 1999) - Working from information provided by the U.S. Army's Criminal Investigation Command, FBI agents arrested a 19-year-old Wisconsin man Aug. 30 for malicious altering of a U.S. Army Web page.

The agents identified the Green Bay man as the co-founder of a hacker organization known as "Global Hell."

The arrest capped a two-month investigation led by Army CID agents, after an unidentified intruder gained illegal access to the Army Home Page June 28 and modified its contents. The intruder also gained access to an unclas-

sified Army network and removed and modified computer files to prevent detection.

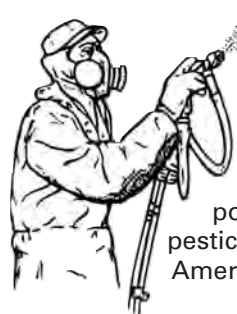
Since the case is still ongoing, Christopher Unger, web site administrator for the Army Home Page, didn't want to talk about specifics of what the hacker did to the web page or what the Army is doing to protect its sites from future hackers. However, he said the Army has moved its web sites to a more secure platform. The Army had been using Windows NT and is currently using Mac OS servers running WebSTAR web server software for its home page web site.

Unger said the reason for choosing this particular server and

See **HACKER**, page 7

APG Pollution Prevention Fact of the Week

More than 800 million pounds of pesticides are used annually in the United States.



This is equivalent to about four pounds of pesticides per American per year.

Statistics provided by the Northwest Coalition for Alternatives to Pesticides.

For more information on pollution prevention, call Michelle Guitard, APG Pollution Prevention Program, 410-306-2265.

Acquisition Corps to celebrate 10th anniversary

The U.S. Army Acquisition Corps (AAC) will celebrate its 10th anniversary at the first AAC Ball to be held Oct. 10, 6 p.m.-midnight, at the Crystal Gateway Marriott in Arlington, Va.

Tickets are available for the black-tie dinner dance on a first-come, first-served basis only at \$70 each. All members of the Army Acquisition Workforce, including those traveling to the Washington, D.C. area Oct. 11-13 for the Association of the U.S. Army (AUSA) Annual Meeting, are invited to attend.

The host of the AAC Ball will be Paul J. Hoepfer, assistant secretary of the Army for acquisition, logistics and technology, and the Army acquisition executive. The master

of ceremonies will be Keith Charles, deputy director for acquisition career management, Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology. Many senior acquisition leaders are expected to attend.

"We have a great team of acquisition professionals in the AAC," Hoepfer said. "The AAC Ball is a fitting way to celebrate and recognize the contributions they make in helping our soldiers in action. I'm looking forward to being a part of this special event."

George G. Williams, President of Collazo System Analysis (COLSA) Corporation, will be the keynote speaker. When asked what he planned to talk about,

Williams borrowed a quote from famed baseball star, Yogi Berra, and said, "The future isn't what it used to be!"

Williams has more than 36 years of Army service, much of which has been in acquisition.

For tickets or more information about the event, contact Mary McHale, (703) 604-7105, DSN 664-7105, e-mail mchalem@sarda.army.mil; or Tony Echols, (703) 604-7145, DSN 604-7145, e-mail echolsa@sarda.army.mil; or, see the AAC Home-page: <http://dacm.sarda.army.mil>.

To commemorate the AAC's 10th anniversary, a number of other events also are scheduled beginning Oct. 10 and continuing throughout the week of the AUSA

Annual Meeting. The focus will be to highlight the AAC and the contributions it has made in the field of acquisition and in the development of future Army leaders. Events include:

- an AAC exhibit;
- a career counseling suite staffed by career experts;
- the Army Ten-Miler race;
- the inauguration of an association of acquisition professionals.

On Oct. 13, 1989, the Army Chief of Staff approved the creation of the AAC. The AAC is a specialized, trained, and educated group of military and civilian Army professionals responsible for acquiring military systems for the soldiers in the field.

No RIF slated before mid-April 2000; decision due soon on appeals

CA, from front page

“During that appeal window we received a total of five appeals, four representing the in-house work force and one representing the contractor,” he said. “Within the appeals were 37 separate allegations, each of which required a review and decision by the Administrative Appeals Board.”

He noted that the board convened to review the appeals, but was suspended on Aug. 4 pending an audit by the Defense Contract Audit Agency, requested by the U.S. Army Materiel Command. The agency began the audit Aug. 17 and sub-

mitted its report to AMC on Aug. 27. The board received a copy of the audit and reconvened last week, and soon. Maj. Gen. John C. Doesburg, APG commander, will brief Gen. John C. Coburn, AMC commander, on the results of the Administrative Appeals Board findings.

“Until that time, we will not know which direction we will proceed with the CA study,” Spidel said. “I fully expect to be providing another update specific to this package within the next couple of weeks.”

On the Information Services package, which the government won, AMC

received a protest from the contractor in June. On Aug. 24, Spidel said AMC denied the contractor’s protest.

“The contractor had until last Friday to challenge AMC’s decision and file protest with the Government Accounting Office, the GAO, but did not do so. Therefore, we will now prepare our final reports for the Information Services package and proceed to obtain a final decision to retain this work in house,” he said. “Upon receipt of a final decision we will be allowed to fully implement the MEO.”

Spidel emphasized that the garrison’s intent is to implement the decisions on

both packages together to have only one reorganization and one reduction in force.

“Due to the delays already discussed, and the time frames required to reorganize and conduct a reduction-in-force, we do not expect the implementation of a RIF to occur prior to mid-April 2000,” he said.

In other news, Spidel noted that last month, Harford County filed a protest on the decision to award the contract to privatize water and wastewater services to the post to Aberdeen.

“The protest is being reviewed by the Government Accounting Office. We can-

not proceed with the privatization process until this protest is resolved,” he said.

Spidel thanked the patience and understanding of the work force during “these very difficult and complex issues.”

“I want to remind everyone that even if a decision is reached over the next several weeks, there is the potential for an additional period of uncertainty as we go into the next possible protest period,” he said. “I hope to have more news in the near future regarding the next step for both of our CA packages and will come before you as soon as there are any new developments.”

POST SHORTS

SHORTS, from front page

Service Family Advocacy Program will offer a parenting class for parents of school-age children, “Encourage your child to make responsible choices.” Classes will be held Tuesdays, 6:30-8 p.m., Sept. 14-Oct. 26 at the Aberdeen Area ACS Office, building 2754. Child care will be available upon request. For registration or information call Peggy Horne, 410-278-3784/7474.

Take shot at hole-in-one

Take your shot at \$20,000 in the “Shot of the Century” hole-in-one golf contest. APG Community Recreation Division is hosting the contest with up to \$1 million in prize money to be given away. MWR, First USA Bank and Budweiser have combined forces to sponsor the contest. Seventy finalists will compete in the final round, and take one shot each at the target hole. Get close and you will win \$1,000 for getting the ball within six inches of the cup. Hit a hole-in-one and win the \$20,000 grand prize. The contest is open to all MWR patrons with the exception of installation course employees and active golf professionals. A drawing for the 70 finalists will take place at Ruggles Golf Course on Sept. 18 at noon. On Sept. 25, from 10 a.m.-noon, the finalists will shoot for the \$20,000. For additional information stop by the Pro Shop at Ruggles and ask about the event.

AA Thrift Shop seeking manager

The Aberdeen Area Thrift Shop is accepting applications for manager through Sept. 30. This position is salaried. Retail and personnel experience is preferred. For more information, stop by the shop during regular hours on Wednesdays, 10 a.m.-2 p.m. and 5:30-7:30 p.m., or Thursdays, 10 a.m.-2 p.m. Or, call the shop at 410-272-8572, or contact Moira Kearney, Thrift Shop chairperson, 410-297-9614.

Looking for a few good NCOs

Are you one of Aberdeen Proving Ground’s finest NCOs? Can you perform with little or no supervision? The U.S. Army Recruiting Command’s Recruit the Recruiter Team is looking for top noncommissioned officers from sergeant through sergeant first class who are looking for one of the most challenging and rewarding jobs available in today’s Army. If you qualify, volunteer and receive an assignment, you will receive extra pay, incentive awards, assignment preference, career enhancement and job satisfaction. Recruiters help build tomorrow’s Army. For a phone interview regarding qualifications or to ask questions about recruiting duty, call your Recruit the Recruiter Team Representative at 1-800-223-3735, then dial extension 60215, 60105, 60234, or 60210. You can also use DSN 536- (and the last four of any extension). See the website, www.usarec.army.mil/hq/recruiter.

PX to offer payment program

The Exchange Credit Program has announced a Deferred Payment Plan promotion, which offers zero percent interest for three months, no down payment and no monthly payments for 3 months. The offer applies only to toys, bikes and bike accessories, such as helmets, knee pads and tires. The promotion runs from Sept. 18-30.

EA play group to return Sept. 15

Play mornings in the Edgewood Area stopped for the summer but will resume Sept. 15 at the Edgewood Area Youth Center Wednesdays, 9:30-11:30 a.m. The program at APG has continued. For information call Sharon Lawson or Leslie Greenleaf at Army Community Service, 410-278-7474/7478.

CWF tennis tourney starts Sept. 10

The 1999 Civilian Welfare Fund Tennis Tournament is scheduled

this month. The tournament will consist of singles matches from Sept. 10-24 and doubles matches starting Sept. 20. The tournament is open at no cost to civilians (men and women) employed at either area of Aberdeen Proving Ground, including temporary employees but not dependents. If eight or more women enter, a separate division for women will be included. Matches will be played at the APG tennis facilities near Russell Gym in the Aberdeen Area or near the old Edgewood Area Officers Club, single elimination format, with best two of three sets and USTA rules. To enter call or e-mail the following: Aberdeen Area - Charles Stumpf, 410-278-2914, stumpf@arl.army.mil; Edgewood Area - Do Nguyen, 410-436-5755, dpnguyen@cbdcom-emh1.apgea.army.mil.

Entries will be accepted until Sept. 16 for doubles. The tournament schedule will be sent to all participants by Sept. 9 for singles and Sept. 17 for doubles. Trophies will be awarded.

Bingo planned at recreation centers

The Edgewood Area’s Stark Recreation Center will hold Super Bingo Sept. 18, with earlybirds starting at 6:30 p.m. There will be eight \$500 games and one \$600 game, with cash prizes totaling \$4,900. The snack bar will be open before and during bingo. For more information, call 410-436-2713.

The Aberdeen Area Recreation Center holds bingo every Wednesday and Sunday. Sunday’s earlybirds start at 2:30 p.m.; there will be nine \$500 games and one progressive jackpot with 58 numbers for \$2,800. On Wednesdays, bingo starts at 7 p.m.; there will be six \$500 games and one progressive jackpot of 56 numbers for \$2,600. The snack bar will be open before and during bingo. For more information call 410-278-2621.

Learn about spouse club

The APG Military Civilian and Spouses Club will hold a sign-up on Sept. 14, 11 a.m.-1 p.m., at the home of Linda Ertwine, 10 Plumb Point Loop. The MCSC is open to all spouses and surviving spouses of active duty and retired military soldiers and Department of Defense civilians. There is no charge for this event and no reservations are necessary. For information, contact Linda Kuchar, 410-297-9792. If you cannot attend, a second event will be held Sept. 21, 7-8:30 p.m., at the home of Charlie Hudson, 32 Spesutie Island Rd. Reservations are required for the evening event. Make reservations by Sept. 16 by calling Linda Kuchar at the number above.

Sign up for gift wrapping

Plans have begun for the 1999 Christmas Gift Wrap Program, sponsored by Army and Air Force Exchange Service. All APG family support groups, non-profit organizations and volunteer activities affiliated with APG are eligible to participate. Those interested in participating must contact Alice Surette, installation volunteer coordinator, 410-278-5469 by Oct. 26. Space is limited, so sign up early. Each organization will be required to send a representative to a mandatory meeting. AAFES provides the wrapping paper, gift boxes and an area to wrap at the Main Post Exchange. Organizations and activities will be responsible for providing labor, tape, scissors, ribbon and other supplies, and receive all the money the group earns. Gift wrapping starts the day after Thanksgiving and runs through Christmas Eve.

Red Cross plans first aid class

The American Red Cross has scheduled a Community First Aid and Safety Class for Sept. 18, 9 a.m.-6:30 p.m., at the Red Cross Office, building 2477. Upon completion of this class, you will be certified for three years in first aid and one year in community CPR. Cost is \$30 payable via check to the American Red Cross by Sept.

10. For details, call Carolyn Lerwill, 410-278-2087.

Awareness training set for October

The Baltimore Federal Executive Board Individuals With Disabilities Committee will sponsor the 14th Annual Disability Awareness Training Conference. The Conference will be held from 8:30 a.m.-3:30 p.m. on Wednesday, Oct. 27, at the Fort George G. Meade Officer’s Club. The theme for this year’s training conference is Hidden Disabilities and Americans With Disabilities in the New Millennium. All agency employees and military service members are welcome to participate. Registration fee for the conference costs \$35 per person and includes training materials, luncheon, coffee, juice and pastries. The Officer’s Club is accessible; however, advise the FEB at 410-962-4047 of any special requirements, such as signing for the hearing impaired.

Blue Cross rep to visit APG

The Civilian Personnel Advisory Center has arranged a visit by a claims representative of the Service Benefit Plan (Blue Cross/Blue Shield) on Tuesday, Oct. 12, 9-11:30 a.m., in building 305, room B-14 (lower level), and from 12:30-1:30 p.m. in the Edgewood Area, building E-4420, to discuss claim problems and plan coverage. No appointment is necessary. For more information, call Kathy Anderson, 410-278-2649, or Teri Wright, 410-278-4331.

Youths can develop positive image

The Aberdeen Area Youth Center will introduce youths to “Project Image,” a new program that will teach basic modeling techniques. Classes will be held that the center on Saturdays, Oct. 2-23, 6-8 p.m. The class will emphasize good grooming habits, posture, grace, poise, proper presentation, model walking, execution of hand positions, pivoting, stage performance and talent preparation. The cost is \$20 for the session and is limited to the first 12 registrants, ages 12-18. There may be more sessions based on demand. For details or registration, call Annette Isaac, 410-278-9062/4995.

Complete officer’s course at APG

If you need to complete the Command and General Staff Officer’s Course, you will have an opportunity beginning in October. The 10th Bn, 80th Training Division will conduct classes in both Phases I and III at the Edgewood Area of Aberdeen Proving Ground. Attending class offers many advantages over the correspondence option, including access to instructors, learning from fellow students and a structured environment. Enrollment is open to active duty, Army Reserve and National Guard officers in the rank of captain (promotable) and above. Class sizes are limited. For more information or to enroll contact the following: Phase I - Lt. Col. Mary Kay Hopkins, 410-942-0830 (home), or mkhopkin@aec.apgea.army.mil; Phase III - Lt. Col. Jan Kolakowski, 410-436-2755 (work), 410-836-6712 (home), or jekolako@sbccom.apgea.army.mil.

CWF planning bus trips

The Civilian Welfare Fund has two upcoming holiday bus trips. On Nov. 20, CWF will sponsor a trip to see the Radio City Music Hall Christmas Show in New York City. The price will be \$85 per person, which includes charter bus transportation and the ticket for the show. There will be time before the show for lunch and shopping.

On Dec. 3, CWF will sponsor a trip to the Three Little Bakers Dinner Theater to see the annual Holiday Show. The price is \$35 per person, which includes charter bus transportation, meal and the show.

For reservations, call Angela Keithley or Jacqueline McKeever, 410-278-4603/4771.

APG News

The *APG News*, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the *APG News* are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Test and Evaluation Command. The newspaper is published weekly by the TECOM Public Affairs Office, ATTN: AMSTE-PA, Aberdeen Proving Ground, MD 21005-5055, (410) 278-1150. Printed circulation is 13,500.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the TECOM Public Affairs Office, Building 314, Room 326, AMSTE-PA, APG, MD 21005-5055; call the editor at 410-278-1150, DSN 298-1150; or send e-mail to kdrewen@apgnews.com. Deadline for copy is Monday at noon (Thursday at noon for letters to the editor). Check out the website at <http://www.apgnews.com>.

STAFF

APG Commander	Maj. Gen. John C. Doesburg
Public Affairs Officer	Gary A. Holloway
Editor	Karen Jolley Drewen
Editorial assistant	Marguerite Towson
Contract staff writers	Yvonne Johnson
	Sheila Little
Graphic design assistant	David Mayor

MURPHY’S LA



Community Notes

FRIDAY SEPTEMBER 10 FRIDAY NIGHT HOE DOWN

The Harford County Country/Western Dance Association has country western dancing every Friday night at American Legion Post 128, located in Parke Street in Aberdeen, from 7:30-11:30 p.m. Cost is \$10 for non-members, \$8 for members. Price includes draft beer, soda, chips and pretzels.

VFW BINGO

The Weedon-Elliott VFW Post #8126, 300 Lodge Lane, Havre de Grace, has weekly Bingo on Friday evenings. This is a fundraiser for Post, Department and National Youth programs and veterans programs. For more information, call 410-939-4578.

SATURDAY SEPTEMBER 11 VETERANS MEMORIAL

The Ultimate Sacrifice Memorial honoring Cecil and Harford county veterans is open from 1-5 p.m. on Saturdays and Sundays during September. The memorial is located at the Lock House, located at Erie and Conestee Streets in Havre de Grace. For more information, call 410-939-5780.

JUST DUCKY

The Havre de Grace Decoy Museum will hold its 12th Annual Duck Fair, from 9 a.m.-5 p.m., on the grounds of the Decoy Museum and the Bayou Condominiums. The event will continue Sunday, Sept. 12, 10 a.m.-5 p.m. For information, call the museum, 410-939-3739, or check the web-site at www.decoymuseum.com.

BINGO ALL NIGHT

Bernard L. Tobin American Legion Ladies Auxiliary 128, 44 North Parke St., will hold All-Night Bingo for its annual Youth Scholarship Program. Doors open at 4:30 p.m. Early birds start at 6 p.m. The donation is \$25 at the door; purchase your tickets early for \$20. The bingo package includes nine cards and one paper special of six each special, plus one jackpot, dinner and coffee. A Chinese Raffle will be held at intermission. For information, call 410-272-9822.

MONDAY SEPTEMBER 13 AMERICAN LEGION

Bernard L. Tobin American Legion Ladies Auxiliary 128, 44 North Parke St., will hold its monthly meeting. The Executive Committee meeting begins at 7:15 p.m. with the membership meeting starting at 8 p.m. All members are encouraged to attend.

TUESDAY SEPTEMBER 14 MCSC SIGN-UP

The APG Military and Civilian Spouses Club is sponsoring a sign-up from 11 a.m.-1 p.m. at the home of Linda Ertwine, 10 Plumb Point Loop. The MCSC is open to all spouses and surviving spouses of active duty and retired military soldiers and Department of Defense civilians. No reservations are necessary. For more information, contact Linda Kuchar, 410-297-9792. If you are unable to attend, there will be a second sign-up on Sept. 21, 7-8:30 p.m., at

the home of Charlie Hudson, 32 Spesutie Island Rd. Reservations are required for the evening event. Make reservations by Sept. 16 with Linda Kuchar, 410-297-9792.

WEDNESDAY SEPTEMBER 15 DISTANCE EDUCATION

University of Maryland University College will hold a Distance Education orientation session at the APG Army Education Center, building 3145, room 206, 4:30-5:30 p.m. Learn how you can earn a bachelor's or master's degree on-line from anywhere in the world. For details, call 410-272-8269.

THURSDAY SEPTEMBER 16 WELCOME BACK

It's Back to School Night at Roye-Williams Elementary School at 6:30 p.m. There will be a PTA General Meeting with two 20-minute classroom visitations to follow. Meet and greet teachers and learn classroom expectations. For more information, call Roye-Williams Elementary School, 410-273-5536.

FRIDAY SEPTEMBER 17 FEMALE OFFICERS

The female officers at APG will host a welcome luncheon for Brig. Gen. Bettye H. Simmons, commander of the U.S. Army Center for Health Promotion and Preventive Medicine, at the Venetian Palace in Edgewood, 11:30 a.m. All female officers are encouraged to attend. E-mail RSVPs to dkillian@ocs1.apg.army.mil.

RETIRED OFFICER'S ASSOCIATION

The Retired Officer's Association will hold its general membership dinner meeting at 6 p.m. at the Holiday Inn Chesapeake House, Aberdeen. U.S. Rep. Robert L. Ehrlich Jr. of Maryland's second district will be the guest speaker. For more information, call Lt. E.T. Kreiner Sr., U.S. Navy (Ret.), 410-679-0565; Col. Orville Hughes, USA (Ret.), 410-628-6438; or Col. James V. Wasson, USA (Ret.), 410-515-0616.

SATURDAY SEPTEMBER 18 FLAG DAY CEREMONY

For two years the Flag Day ceremony at the Susquehanna Museum of Havre de Grace at the Lock House has been rained out. The Flag Day ceremony and Senior Citizens Concert has been re-scheduled for Saturday, Sept. 18, at 2 p.m. near the corner of Erie Street and Conestee Street in Havre de Grace. Events include a concert by the 389th Army Band (AMC's Own), reenactment of the War of 1812 military field hospital, and demonstrations of cooking, sewing and spinning from the 19th century. Seating will be provided or you may bring your lawn chairs and blankets. For more information, call 410-939-5780

ATC OPEN HOUSE

Aberdeen Test Center will hold its annual open house at the Churchville Test Area from 10 a.m.-12:30 p.m. The event will include displays of the M1 Abrams Tank, Bradley Fighting Vehicle, High-Mobility Multi-purpose Wheeled Vehicle, M88A2 and a Half-Track. A foreign equipment display and ATC's Dive Team will be available. A ride around the test course will be offered

to provide an opportunity to observe military vehicles in action on the test course's hilly terrain. Refreshments will be served. The Churchville Test Area is located on Route 136, between Route 22 and Route 1. For more information, call Lynn Berkheimer, 410-278-3244, or Marlene Townsend, 410-306-4005.

EA BINGO

The EA Stark Recreation Center, building E-4140, is celebrating fall with Super Bingo, with earlybirds at 6:30 p.m., bingo at 7 p.m. There are six \$100 games, seven \$500 games and one \$600 game. The total payout is \$4,900. The snack bar will also be open before, during, and after the games. For more information, call 410-436-2713.

FRIDAY SEPTEMBER 24 LONGABERGER BASKET BINGO

The Meadowvale Elementary PTA will sponsor Longaberger Basket Bingo at 7 p.m., at the Aberdeen Fire Hall, Rogers St., Aberdeen. Doors open at 6 p.m.; there will be a bake sale and drinks are available. Cost is \$10 per ticket (three cards), and \$5 for additional sets of three cards. For tickets, call Meg Wloczewski, 410-939-5048, or Brenda Conjour, 410-273-7332. If available, tickets will be sold at the door. Proceeds benefit Meadowvale Elementary PTA.

SUNDAY SEPTEMBER 26 BWI AIRPORT RUN

The 13th annual BWI Airport Run and Family Walk will be held at 8:45 a.m. Proceeds from this event will benefit the Kennedy Krieger Institute Down Syndrome Clinic and local Down Syndrome parent support groups. The USATF-certified course on the tarmacs of BWI Airport and Northrop Grumman allows 5K race participants and 3K family walkers an exciting view of take-offs and landings. For information, call 410-993-RUNN (7866) or visit www.kennedykrieger.org.

TUESDAY SEPTEMBER 28 HISPANIC LUNCHEON

There will be a Hispanic American Luncheon at the Top of Bay at 11:30 a.m. Gil Coronado, director of Selective Service, will be the guest speaker. Cost is \$8.95. The event sold out last year, so get your tickets soon. For more information, call Sfc. Shelton Torbert, 410-278-1534.

THURSDAY SEPTEMBER 30 MASSAGE THERAPY

The APG Committee for the Disabled is hosting a special presentation on massage therapy from 2-4 p.m. at Top of the Bay. Joanna Herrmann, a nationally certified massage therapist from the Center for Holistic Healing in Bel Air, will speak about the benefits of massage therapy and relaxation therapy as alternative approaches to good health. She will demonstrate basic techniques such as conscious breathing, progressive relaxation, guided imagery and meditation. This presentation is open to all APG employees. No reservations are required. For more information, see your organization's representative for the APG Committee for the Disabled, or call Angela Cheek, 410-278-1140.

WAPG-TV

The following programs are scheduled on WAPG-TV, on-post cable channel 3, from Sept. 9-15:

THURSDAY, Sept. 9
9 a.m., noon, 8 p.m., APG Drought Restrictions (10 min.)
10 a.m., 7 p.m., Army Healthwatch (30 min.)
2 p.m., Movie Previews

FRIDAY, Sept. 10
9 a.m., noon, 4 p.m., 8 p.m., APG Drought Restrictions (10 min.)
2 p.m., Movie Previews

SATURDAY, Sept. 11
9 a.m., noon, 8 p.m., APG Drought Restrictions (10 min.)
10 a.m., 7 p.m., Army Healthwatch (30 min.)
2 p.m., Movie Previews

SUNDAY, Sept. 12
9 a.m., noon, 4 p.m., 8 p.m., APG Drought Restrictions (10 min.)

MONDAY, Sept. 13
9 a.m., Noon, 8 p.m., APG Drought Restrictions (10 min.)
10 a.m., 7 p.m., Army Healthwatch (30 min.)

TUESDAY, Sept. 14
9 a.m., noon, 4 p.m., 8 p.m., APG Drought Restrictions (10 min.)

WEDNESDAY, Sept. 15
9 a.m., noon, 8 p.m., APG Drought Restrictions (10 min.)
10 a.m., 7 p.m., Army Healthwatch (30 min.)

For more information about programming, call Lynn Witkowski, 410-278-1151.

MOVIES

AMERICAN PIE

Friday, Sept. 10, 7 p.m.
Saturday, Sept. 11, 9 p.m.
Starring: Jason Biggs, Jennifer Coolidge
A group of friends at the end of their senior year make a pact to lose their virginity by prom night. In their attempt to fulfill this mission, they come to some surprising, hilarious and often touching realizations about themselves, their friendships, their notions of love and their relations with the opposite sex. **(Rated R)**

EYES WIDE SHUT

Saturday, Sept. 11, 7 p.m.
Starring: Tom Cruise, Nicole Kidman
A doctor who is married to an art curator finds out his wife almost cheated on him, leading him through an odyssey of sexual and moral discovery. **(Rated R)**

SAFETY AWARENESS

High blood pressure/hypertension

As many as 50 million Americans ages 6 and older have high blood pressure. Untreated, high blood pressure can result in heart failure, heart attack, stroke, or closure of arteries in other organs such as the kidneys, eyes and legs. Although it often is called the "silent killer" because it can develop over many years with no noticeable symptoms, high blood pressure is easily detectable and controllable.

Warning signs include nosebleeds, a racing or irregular heart-beat, headaches and dizziness. To lower your susceptibility, reduce your weight to the ideal level for your height and build, cut down on sodium intake; eat a diet rich in fruits and vegetables; exercise regularly; be moderate in drinking; reduce stress; and, stop smoking.

Learn more about handling an emergency by contacting the APG Division of Fire and Emergency Services at 410-306-0562.

LEAVE DONATION

For information about donating annual leave, call Cheryl Gatling; 410-278-8978; or fax 410-278-8839. Employees eligible for donations in the Voluntary Leave Transfer Program are:

Michael Alexander (wife has cancer);
Barbara Breithaupt (multiple sclerosis);
Bonnie Bromley (liver transplant);
Alberta Brown (mother ill);
Daniel Brown (father has emphysema);
Tammy Budkey
Melda Callendar;
Sheila Cassidy (mother has cancer);
Dawn Crouse (surgery);
William Edwards (back surgery);
Willa Freisheim
Stephen Howard (Bone Marrow Transplant);
Judy Hunt (arthropathy);
Lilly "Kitty" Johnson (surgery);
Marlin Julian (heart surgery);
Sharen Kaylor (eye surgery);
Jennifer Keetley (maternity);
Tracey Kerney (surgery);
Beverly King (caring for husband);
Lucy Long;
Connie LaFlamme;
Sherrie Laury (heart problems);
Dolores "Dee" McGrogan (back problems);
Susan Naccarato (carpal tunnel syndrome);
Mary Pettitway;
Barbara Carol Remines (surgery);
Michael Reynolds;
Churon Ringgold (maternity);
Mary Lee Samples (lymphoma cancer);
Sherry Schaffer;
Richard Squillacioti (Terson Syndrome);
Walter Taylor (auto accident);
Lavonne Telsee (caring for daughter);
Joseph Walker (Wife has cancer)
Cecelia Walton (respiration problems);
Kenneth Weathers (medical);
Willie Williams.

MWR UPDATE

Edgewood Arts and Crafts Center has classes

Ceramics class: A beginning ceramics class will be held Sept. 11, 10 a.m.-1 p.m. Cost is \$7 plus supplies. The craft shop has more than 500 molds to pour and a wide selection of bisque-ware, greenware, paints and brushes for sale.

Stained glass: A beginning stained glass class will be held Saturday, Sept. 18, 10 a.m.-2 p.m. Students will make a sun-catcher using the copper foil method. This class teaches the skill you need to make larger projects. The \$15 cost includes supplies.

Framing class: A beginning matting and framing class will be held Thursday, Sept. 23, 5:30-9 p.m. Students must bring an 8x10-inch picture to frame. Cost is \$15 plus supplies. Students must register in advance as space is limited.

Porcelain Doll Class: A beginning Porcelain Doll class will begin Oct. 7 and will continue Oct. 14 and 21, 5-8 p.m. Students will make the popular Sugar Britches doll. Cost is \$30 plus supplies.

Custom framing: The center does quality custom framing at reasonable prices.

Hours: The center is open Thursdays, 1-9 p.m., and Fridays and Saturdays, 9 a.m.-5 p.m. Stop by building E-4440 or call 410-436-2153 for information.

Join a bowling league

Bowling leagues are organizing for adults and youths. Call Jeff Peterson or Margie Giles for information, 410-278-4041/2084.

Chesapeake Challenge

Chesapeake Challenge Amusement Park, located off Springfield Road (behind the APG Commissary) hours of operation have changed to the following: Monday-Thursday, 5:30-10 p.m.; Friday, 5:30 p.m.-midnight; Saturday, 1 p.m.-midnight; and Sunday, 1-8 p.m., through Sept. 30. Hours of operation for October are: Friday, 5:30 p.m.-midnight; Saturday, 1 p.m.-midnight; and Sunday, 1-8 p.m. Come and ride the go-karts, play 18 holes of miniature golf or bat in the cages. There is an amusement room with video games and pinball. Play miniature golf for \$3 per person or \$1 for ages 5 and younger. Ride the go-kart for \$3 for five minutes (must be 54 inches or taller to drive), or

bat in cages for 50 cents for 12 balls. **Look for the go-kart special on Sept. 13.** Ride for half-price, \$1.50 for five minutes. You must use the ticket for that day only. To schedule a party or other special event, call 410-278-9920.

Hunter Safety Classes scheduled

Aberdeen Area Hunter Safety Classes will be held in building 5445, room 213 (CPOCMA Training Building) on the following dates: Friday, Sept. 10, 6-10 p.m.; Saturday, Sept. 11, 8 a.m.-3 p.m.; and Sunday, Sept. 12, 8 a.m.-1 p.m. Edgewood Area classes will be presented in building E-4733 (Deer Station) on the following dates: Monday, Sept. 27, 6-9 p.m.; Wednesday, Sept. 29, 6-9 p.m.; Friday, Oct. 1, 6-9 p.m.; and Saturday, Oct. 2, 10 a.m.-4 p.m. Cost is \$5. Call 410-278-4124 to register for the class.

Aberdeen Fitness Center offers health help

Take that first step to a lifestyle change for better health. Call the AA Health and Fitness Center and set up an appointment for a one-on-one consultation with a staff member. The center is a full-service facility with personal training, aerobics classes, kick-box aerobics, and toning. The center is open Monday-Thursday, 5:30 a.m.-7 p.m., Friday, 5:30 a.m.-6 p.m., and Saturday, 8 a.m.-noon. For details call 410-278-9725/9759.

Lunch-time Cosmic Bowling special

Cosmic Bowling is held every Wednesday in September, 11 a.m.-1 p.m. Gather your friends and co-workers hit the APG Bowling Center for lunch on Wednesdays in September, and try Cosmic Bowling for only \$1.75 per game. The game features music, lights, glow-in-the-dark pins and balls. The Snack Bar offers weekly lunch specials.

Fall hours at the center are: Monday-Thursday, 11 a.m.-10 p.m.; Friday, 11 a.m.-midnight; Saturday, noon-1 a.m., and Sunday (starting Sept. 19), noon-7 p.m.

Call the center for specials available for birthday parties and office events, 410-278-4041/2084.

TECOM's top military visit nation's capital

HISTORY, from front page

Yuma Proving Ground, Ariz./Cold Regions Test Center, Alaska; Sgt. Ronald U. Gordon, Jr. and Spc. Andrew Eisenhuth, from APG's Aberdeen Test Center; Sgt. Tiffany R. Caldwell from Dugway Proving Ground, Utah; and SSgt. Ira L. Russey and Spc. Keenda Moore-Batchelor, representing White Sands Missile Range, N.M./Electronic Proving Ground, Ariz.

The group departed TECOM headquarters before dawn and arrived at the White House east entrance at 8 a.m.

James J. Ross of the White House Transportation Agency escorted the group through the East Wing's foyer, then turned them over to Paul Cole, a uniformed officer from the Secret Service's police division, who began the tour in the White House Library.

Cole explained that the ground-floor study originally was used as a laundry and storage room.

"Today it holds more than 2,700 volumes of working literature," Cole said, adding that the family of writer James Fenimore Cooper donated the opulent chandelier that dominates the room.

In the Gold Room, portraits of

first ladies Jacqueline Kennedy and Nancy Reagan adorned the walls, as portraits of Barbara Bush and Lady Bird Johnson were located in the adjoining Hall of First Ladies. In the China Room, table settings and crystal from former presidents' households were displayed in lighted glass booths. From there, Cole ushered Walker and the rest of the group up a carpeted staircase to the upper-level state rooms.

A red carpet led to the famous East Room, where President Clinton often holds press conferences. Cole said the room is the largest in the White House and has served many purposes.

"President Lincoln housed troops in this room during the Civil War and President Ford took the oath of office in here," Cole said. "Today, award and bill signing ceremonies are held here as well as press conferences."

Cole called attention to portraits of William McKinley, George and Martha Washington, and Theodore Roosevelt on the walls of the East Room and noted that the three enormous chandeliers on the ceiling weighed 1,200 pounds each.

Pointing to a portrait of James K. Polk's wife, Sarah Childress

Polk, in the Green Room, Cole said the former first lady is credited with inspiring the creation of "Hail to the Chief" for presidents' entrances.

"President Polk was a short man and his wife wanted people who were unable to see him to know when he entered a room," Cole said. "She asked for a theme that would alert people to her husband's presence."

After the Blue Room, Red Room and impressive State Dining Room, where 250 state dinners a year are served, Cole concluded the guided tour and escorted the group to the West Wing exit, where they posed for pictures.

White House Transportation Officers Joyce Warner, William Marshall, Terry Bell and Manuela Hunt, all Army sergeants first class, joined the group for pictures beneath the west portico and con-

versed with the candidates. Walker awarded each guide with a TECOM Coin for assistance in providing a memorable tour.

From the White House, the group traveled up Constitution Avenue to the Lincoln Memorial and war memorials. With just under an hour to tour the memorial gardens, many headed for the Vietnam "Wall" first. The long, low marble structure seemed to

mesmerize even those who said they had only a casual knowledge of the Vietnam War.

ATC's SSgt. Bruce Neyens, who sponsored candidates Eisenhuth and Gordon, stared at the wall for a long time.

"I had four uncles, one who stayed for three tours, who survived Vietnam," he said, shaking his head. "When you see all the names you have to say that's pret-

ty amazing."

Command Sgt. Maj. William Jemison of WSMR searched a long time for the name of a former schoolmate who died in Vietnam in 1967.

"He was a couple of years ahead of me, but I remember him standing in front of the assembly in school and saying he was going to Vietnam to fight for his coun-

See HISTORY, page 14



Photo by RALPH BROTH

TECOM Command Sgt. Major Tyler Walker, candidates and guests on the staff ride to Washington, D.C., pose in front of the West Wing entrance to the White House. Also pictured is James J. Ross of the White House Transportation Agency, back row, second from right.

Two from WSMR/EPG named TECOM's top soldier, NCO

By Yvonne Johnson
APG News

The two representatives from White Sands Missile Range, N.M./Electronic Proving Ground, Ariz., won honors at the U.S. Army Test and Evaluation Command's Non-commissioned Officer of the Year and Soldier of the Year competition, held here Sept. 2.

SSgt. Ira L. Russey is TECOM NCO of the Year, and Spc. Keenda Moore-Bachelor is TECOM Soldier of the Year.

Russey, a native of El Paso, Texas, is an administrative specialist who has been stationed at EPG, which falls under WSMR, for 18 months. The husband and father of one said a secret to doing well in competitions is to "study long and hard."

"You have to find different ways as a leader to motivate your soldier," Russey said. "I can't tell them they should test themselves if I'm not willing to."

Russey began competing for boards at Fort Bragg, N.C., in 1991, when he won Soldier of the Year.

"As long as you are well prepared you should do well," Russey said, adding that he is on orders to return to Fort Bragg in Sept. 2000.

Moore-Batchelor is a microwave systems operator serving as her company's operations clerk. Her previous awards include WSMR's Soldier of the Year and Fort Huachuca's Soldier of the Month.

"It's been a lot of hard work and studying but it pays off when you hear your name called," Moore-Batchelor said.

A native of Jackson, Ga., she expects her experience to help her Army career.

"It's teaching me knowledge I'll need later on when I become an NCO," she said. "Hopefully, it will make me a better NCO."

A few days before the board, candidates met at the home of TECOM Command Sgt. Maj. Tyler Walker III. TECOM Commander Brig. Gen. Dean R. Ertwine welcomed the guests and thanked Walker for hosting the gathering.

"There will be stiff competition, but there will also be time for fun this week," Ertwine told the candidates. "We all wish you well."

The four NCOs, two specialists and one pri-



SSgt. Ira L. Russey
TECOM NCO of the Year

vate first class were welcomed by Walker's wife, Vickie, and other TECOM wives who assisted in the preparation for the event.

With a large spread of food indoors, the candidates sat outdoors and got to know each other. Pfc. Maurice Brady from Yuma Proving Ground said he was reluctant to apply until he spoke to Walker.

"The sergeant major told me it would be a good way to further my career," Brady said.

The supply specialist, now serving as his battalion commander's driver, said while he is unsure about making the Army a career, the experience has increased his understanding of military discipline and tradition.

Sgt. Ronald Gordon, Aberdeen Test Center, said he competed last year and felt lucky to participate this year. A test evaluator with a mechanized infantry MOS, the Miami native recommended the process to young soldiers.

"The practice of presenting yourself and always learning new material only adds to you becoming an all around soldier," Gordon said.

Spc. Andrew Eisenhuth, also from ATC, agreed that studying aids soldier skills.

"It's very beneficial and rewarding in preparing for future promotion boards and obtaining general military knowledge," Eisenhuth said.



Spc. Keenda Moore-Batchelor
TECOM Soldier of the Year

Yuma Proving Ground said he volunteered for the positive experience boarding preparations brings.

"I looked at it as an opportunity to better myself and progress," Hollon said.

The 16-year veteran and former Air Force sergeant said one of the best parts of his experience was getting to know Aberdeen Proving Ground.

"APG is beautiful and the Chesapeake is gorgeous," Hollon said. "The change in weather takes a little getting used to, though."

Hollon said he hoped to take new friendships and an experience he can share with his grandchildren back with him.

The only candidate from Dugway Proving Ground, Sgt. Tiffany Caldwell, said Walker encouraged her to continue to test herself.

"After I made NCO of the Year in June, I was going to stop, but he told me if I stopped competing I would stop growing," Caldwell said. "I'm glad I listened."

A chaplain's assistant from Opelika, Ala., Caldwell said the experience is valuable whether you win or not.

"It's a good challenge that compels you to study more and to continue to seek self improvement," Caldwell said. "I really have grown by it."

Fort Huachuca Command Sgt. Maj. Paul Rodriguez said he is proud of his two competitors, Russey and Moore-Batchelor.

"They went through a tough selection process at White Sands and blew away the competition," Rodriguez said. "They are well prepared and enthusiastic. I'm proud of them, regardless of the outcome."

WSMR Command Sgt. Maj. William Jemison also praised Russey and Moore-Batchelor as two great soldiers.

"They have a lot of confidence, they're good at what they do, and they show respect and professionalism in all their action," Jemison said.

He added that the entire selection process is geared to reward soldiers who are willing to go the extra mile and challenge themselves.

"This is a recognition for soldiers that start at the unit level," Jemison said. "The soldier that is motivated and doesn't mind competing is the soldier that will do well, then build from that."



Photo by RALPH BROTH

TECOM NCO and Soldier of the Year candidates pose inside the office of Secretary of the Army Louis Caldera, during a staff ride to Washington, D.C., on Sept. 1. From left are SSgt. Ira L. Russey, Sgt. Ronald U. Gordon Jr., Pfc. Maurice L. Brady, Spc. Keenda Moore-Batchelor, Spc. Andrew A. Eisenhuth, SSgt. Douglas A. Hollon and Sgt. Tiffany Caldwell.

TRICARE initiatives speed up payment of claims

New TRICARE initiatives will speed up payment of claims to protect soldiers from bad credit ratings due to unpaid medical bills.

The ultimate responsibility, however, still lies with soldiers to ensure that when they get a bill for health care from a civilian practitioner, they submit the bill for payment.

Soldiers must not assume that bills will automatically be taken care of until they submit the claim for processing. Under the new system, getting the claim into the TRICARE system will ensure that soldiers will not be subjected to bill collectors or have their credit ratings affected by disputed medical bills.

“The system works if bills and claims are submitted in a timely fashion,” said Lt. Col. Rick Fisher of the TRICARE Division at Army Medical Command

Headquarters.

Soldiers must make a copy of the bill for their records, then submit the original and a Claims Form DD2642 (the claims forms can be downloaded from the Internet at www.tricare.osd.mil) or obtain the DD2642 from the TRICARE Service Center and send these to the claims processor in their regions.

Until Oct. 1, claims outside of Regions 1, 2, 5 and 11 should be sent to the Active Duty Claims Processor at the closest military medical treatment facility. After Oct. 1, responsibility for active duty claims payment will transfer from MTFs to civilian claims processors, who will be required to process to completion 95 percent of all claims within 30 days and 100 percent of all claims within 60 days.

After October, claims will be sent to the following:

- Region 1**
TRICARE Region 1
Active Duty Claims
P.O. Box 7015
Camden, SC 29020-7015
- Region 2/5**
TRICARE Region 2/5
Active Duty Claims
P.O. Box 7025
Camden, SC 29020-7025
- Region 3/4**
TRICARE Regions 3/4
Claims
P.O. Box 7031
Camden, SC 29020-7031
- Region 6**
WPS/TRICARE
P.O. Box 8999
Madison, WI 53708-8999
- Central Region**
PGBA
ATTN: TPR/SHCP
P.O. Box 870019
Surfside Beach, SC 29587-8719

- Region 9/10**
PGBA/TRICARE
P.O. Box 870006
Surfside Beach, SC 29587-8706
- Region 11**
WPS/TRICARE
P.O. Box 8999
Madison, WI 53708-8999

TRICARE Pacific
PGBA/TRICARE
PO Box 870001
Surfside Beach, SC 29587-8701

“Under the new system, after 60 days the contractors will be charged a percentage of the claims they haven’t processed. So, we’re holding their feet to the fire,” Fisher said.

If the civilian claims processor denies a claim, it will be sent for review to the centralized Tri-Service Military Medical Support Office. If the claim is authorized by MMSO, it will be paid within 60 days. If the claim is not authorized, such as for elective cosmet-

ic care, the claim will be denied and the soldier will be responsible for payment.

“Soldiers don’t know they have a Health Maintenance Organization. If they get a bill, they have to get it to their insurance processor. It’s an education process,” Fisher said. “There’s no reason that active-duty soldiers should have claims problems. There are many avenues to obtain help.”

Any active-duty soldier who has a question or problem about his or her medical claims from civilian physicians can call toll-free 1-888-MHS-MMSO; or DSN 792-3950/3900 or commercial (847) 688-3900 anytime 24 hours a day, seven days a week to get help. Information is also avail-

able at <http://navymedicine.med.navy.mil/mmso/>.

Claims for family members have been and will continue to be handled by regional TRICARE contractors.

The numbers to call for family members are:

Region 1: 1-888-999-5195
Region 2: 1-800-931-9501
Regions 3 & 4: 1-800-444-5445
Region 5: 1-800-941-4501
Region 6: 1-800-406-2832
TRICARE Central: 1-888-874-9378
Regions 9 & 10: 1-800-242-6788
Region 11: 1-800-404-0110
TRICARE Pacific: 1-800-242-6788.

16th Ordnance honors tradition with Dining-In

With much pomp and circumstance, the 16th Ordnance Battalion held its first Non-commissioned Officer Dining-In at the Sheraton Four Points Hotel in Aberdeen on Aug. 20. The theme for the inaugural program was “Reaffirming the Backbone of the Army through Tradition.” Guest speaker was U.S. Army Test and Evaluation Command Sgt. Maj. Tyler Walker III. Pictured from left are 16th Ordnance Battalion commander Lt. Col. Tracy L. Ellis, Walker, 16th Ordnance Battalion Command Sgt. Maj. Godofredo Posadas and HHC 16th 1st Sgt. Kevin Gray.



Photo by SFC. MARCELO ARMENDARIZ

OC&S assists in providing data for simulation model

By E.C. Starnes
Ordnance Corps Corporate Affairs Office

Recent stories in military and civilian publications have made much of the Army’s turning to the University of Southern California and Hollywood to take advantage of the entertainment industry’s modeling and simulation technologies to train soldiers.

At the U.S. Army Ordnance Center and School, soldiers from the Recovery Division of the Wheel Track and Recovery Department provided some of the “grunt work” necessary to develop the scenarios for simulation development.

Crews made up of instructors and students in the Recovery Additional Skill Identifier course recently went through their procedures with the HERCULES M88A2 Recovery Vehicle to provide the raw data for a baseline to introduce recovery operations into a future simulation program. The

HERCULES will be joining the M88A1 in the field.

Maj. Kevin Pope of the Combined Arms Support Command Ordnance Combat Developments Team noted that this is the first step toward simulating the doctrine, training, employment, tactics and procedures involving the HERCULES system.

Pointing to the soldiers working on the track of one of the vehicles, surrounded by other soldiers and civilians with stopwatches, he noted, “This is the first step. Ultimately we want to be able to do an assessment of a brigade-level force.”

He explained that such an assessment is hard to do on the ground.

“There are too many variables,” he said. “With simulation, we can control the variables.”

He noted that the old M88 system is already included in simula-

tion, but to capture the future battlefield correctly, they needed to incorporate the HERCULES.

Pope noted that a lot is being learned just through the collection process about training.

“We are seeing some things we need to train on. There have been lessons learned by the instructors as well,” he said.

He noted that the simulation effort will be good for product managers as well.

“We can document changes and evaluate the benefits of proposed changes and reclassifications,” Pope explained. “There is a lot of potential. This is a test base for Ordnance systems with the help of TRAC-Lee (Training and Doctrine Command Analysis Center-Fort Lee).”

Debra Davis, product manager for the HERCULES at TACOM, agreed that there are things to be learned from the data gathering process, as well as future simulation.

“We’ve learned some things just gathering this data, such as changing the sequence of events on one procedure to improve readiness,” she said. “Simulation will be able to give us a look at the capability of the M88A1 and A2 in combination in Force XXI.”

Such simulation is necessary, she said, because “there won’t be a 1-1 replacement of the [M88]A1.”

Davis explained that they first want to look at system enhancements such as the brakes and enhanced diagnostics for the



Photo by E.C. STARNES

Soldiers from the Ordnance Center and School’s Recovery Division serve as models for future simulations of the use of the HERCULES Recovery Vehicle on the battlefield.

hydraulics.

“It can give us an assessment of the overall effectiveness of proposed enhancements.”

She noted that a combination of efforts with the data being collected, the Modular Simulated Automated Forces (MODSAF), the Test and Evaluation Command’s Virtual Proving Ground, and other efforts with terrain studies will result in a better

system, training programs and doctrine.

Rob Albright, TRAC-Lee, said that he has worked with the simulation the entire five years he has been with the government.

He said the data collected at OC&S is important because “the representation of combat services support (CSS) in the simulation needs enhancement.”

“Current CSS data is insufficient to do useful analysis,” he explained.

He noted that while simulation has existed for trainers for such systems as the M1 Abrams Tank, “MODSAF puts them on a better, more full battlefield.”

“The systems are interactive in simulation. The operator of a tank simulator,” he said, “doesn’t know if a tank he sees on his battlefield screen is one of the other tank simulators, or a product of the MODSAF program.”

While the program was created for training development, it also now supports concept analysis.

Albright noted that the data collection effort at OC&S was his first opportunity to see live modeling.

“I’m a software engineer,” he noted. “It helps being here to get tangible experience. I can watch how they do it and apply it to the program.”

While the instructors and students from the Recovery Division may not seem themselves on the screen, their work will be represented for the betterment of the Army.

Job Fair planned at APG Oct. 15

The Harford County Job Fair will be held Oct. 15 at the Aberdeen Area Recreation Center, 10 a.m.-6 p.m. The fair is open only to Aberdeen Proving Ground personnel from 10 a.m.-1 p.m.; the public is welcome to attend from 2:30-6 p.m. The event, which organizers consider one of the most successful partnerships between APG and the community, has been held since 1988.

The fair, which is supported by the Directorate of Community and Family Activities, is sponsored by the Army Community Service Career Focus Center and Civilian Personnel Advisory Center; Harford County Office of Economic Development; Harford County Chamber of Commerce; Harford Community College; Open Doors; Susquehanna Region Private Industry Council; and Maryland Department of Labor, Licensing and Registration.

Attendees are encouraged to dress for an interview and bring a resume. For help with resumes, preparing for interviews or seeking employment, call the APG Career Focus Center, 410-278-9669.

Libraries offer new books, thanks for summer help

APG Garrison Library has new books. Come by either the Aberdeen Area Library or the Edgewood Area Branch Library and check out some books.

RAPunzel: A Happenin’ Rap, by David Vozar;

The Sickness, by K.A. Applegate;

The Devil’s Workshop, by Stephen J. Cannell;

Heartwood, by James Lee Burke;

Jupiter’s Bones, by Faye Kellerman;

Lake News, by Barbara Delinsky;

Mister X, by Peter Straub;

Please, Please, Please, by Renee Swindle.

Acts of Malice, by Perri

O’Shaughnessy;

Black Notice, by Patricia Daniels Cornwell;

Calder Pride, by Janet Dailey;

Cuba, by Stephen Coonts.

Hours

The Aberdeen Area Library is located at building 3320 on Aberdeen Boulevard, and is open Monday-Wednesday, 11:30 a.m.-7:30 p.m.; and Saturday and Sunday, 1-5 p.m. It is closed Thursday and Friday.

The Edgewood Area Library is located at building E-4405 on Austin Road, and is open Wednesday and Thursday, 11:30 a.m.-7:30 p.m., and Sunday, 1-5 p.m. It is closed Monday, Tuesday, Friday and Saturday.

West Point prep school accepting applications

Each year approximately 200 Regular Army soldiers are offered admission to the U.S. Military Academy at West Point, N.Y., or the U.S. Military Academy Preparatory School at Fort Monmouth, N.J. Although some soldiers are offered direct admission to West Point, the majority attend USMAPS.

The school prepares soldiers for success at West Point through a curriculum focused on English and mathematics. Applicants must be

U.S. citizens, unmarried with no legal obligation to support dependents, high school graduates, under 23 years of age prior to July 1 of the year entering USMA (under 22 years of age prior to July 1 of the years entering the prep school), and of high moral character. They must have an interest in attending West Point and becoming an Army officer.

Soldiers who meet the basic eligibility requirements, have achieved SAT scores

greater than 1,000 or ACT composite score of 20 or higher and achieved good grades in a college preparatory high school curriculum are encouraged to apply. All application requirements must be met by April 1, 2000, to be considered for an appointment to West Point or the USMAPS in July 2000. Interested soldiers should contact Maj. Rob Young at DSN 688-5780 or (914)938-5780, or send email: tr9618@westpoint-emh2.army.mil.

AROUND THE ARMY

Hale loses star for misconduct

Army News Service

WASHINGTON (Sept. 2,1999) — Secretary of the Army Louis Caldera today ordered retired Maj. Gen. David Hale be reduced to the rank of brigadier general on the Army’s retired list. Caldera took this action after receiving the unanimous recommendation of an Army grade determination review board. The board, consisting of three senior general officers, was directed by Caldera to recommend to him the highest grade at which Hale had served satisfactorily.

Hale was court-martialed in March of this year at Fort Lewis, Wash. He pled guilty to seven counts of conduct unbecoming an officer and one count of making a false official statement with intent to deceive, the equivalent of a felony conviction. As a result, in July, Hale was reprimanded, ordered to forfeit \$12,000 in retirement pay and fined \$10,000.

Caldera’s decision will result in a permanent reduction in Hale’s monthly retirement pay, and officials said this will be retroactive to March 1, 1998, the effective date of his retirement. Hale retired last year after serving a short stint as deputy inspector general of the Army. Charges were brought against Hale following an investigation into allegations that he had a series of improper relationships with the wives of subordinates during assignments in Turkey, Hawaii and Washington, D.C. Army officials explained that a reduction in grade is not an authorized punishment for an officer at a court-martial. Federal law states that officers are to be retired at the highest grade in which they served satisfactorily, and officials said this determination is made by the Secretary of the Army. The process of determining the last grade in which Hale served satis-

factorily is an administrative action under Army personnel regulations, officials said, and is separate from the courts-martial. A grade determination review board, composed of at least three senior officers, reviews the soldier’s service records and any other evidence relevant to the grade determination. The individual considered does not appear before the board, but is afforded the opportunity to review all matters that will be considered by the board and may submit materials for the board’s consideration. In Hale’s case, the board considered his service records, his submission to the board and the record of trial in his courts-martial. There was no evidence available to the Army that Hale engaged in misconduct in a rank lower than major general. As a result of the Secretary of the Army’s decision, retired Brig. Gen. Hale stands to lose approxi-

mately half a million dollars over the course of a normal continued life expectancy of 25 years. This amount is based on the difference between a major general and brigadier general’s retirement pay, his life expectancy and annual cost of living increases over his life expectancy. This was not the first time the Army has convened a grade determination review board to consider a reduction in rank for a general officer. An Army grade determination review board met in 1998 to consider the case of another general officer. In that case, the acting secretary of the Army decided to permit the officer to retire in the grade in which he was serving at the time of his retirement.

Web page hacker arrested

HACKER, from front page

software is that according to the World Wide Web Consortium, it is more secure than its counterparts. According to the Consortium’s published reports on its findings, Macintosh does not have a command shell, and because it does not allow remote logins, it is more secure than other platforms. The report also said the Consortium has found no specific security problems in either the software or the server. The Consortium is a worldwide group of representatives from more than 350 organizations that provide the infrastructure for a global interoperable World Wide Web. Membership is open to any organization. “Government networks are inviting to hackers because of their high profile,” Unger said. However, the Department of Defense is laying the groundwork now for more secure Internet sites that will prevent unauthorized access to information, he said. (Editor’s note: Some information provided by the U.S. Army Criminal Investigation Command.)

Holiday program will get soldiers home for Christmas

By Gerry J. Gilmore
Army News Service

WASHINGTON (Aug. 23, 1999) - About 500 active-duty soldiers from all ranks may leave the Army between Dec. 1, 1999 and Jan. 2, 2000 from two days to two weeks earlier thanks to an annual early-out program. Essentially, soldiers affected by the Army’s Holiday Early Release Program should be able to get home by Christmas, said Lt. Col. Billie W. Keeler, chief of the Retirements and Separations Branch, U.S. Total Army Personnel Command, Alexandria, Va.

Keeler, a 19-year veteran, notes that the Army has offered the holiday early release program almost every year since he has been in the service. “The Christmas/New Year’s holiday period is a time of increased [service member] separations [from the Army], and reduced personnel manning due to holiday leaves,” said Keeler. “This program benefits soldiers leaving the Army by helping them to beat the holiday rush. It also eases the strain on military personnel manning requirements during the holidays.” Soldiers must volunteer to participate in the holiday early release program. Commanders may not separate a soldier under the provisions of the program if the soldier has not submitted a voluntary request for release from active duty under expiration of time of service requirements, according to officials.

Soldiers eligible for early release under this program may be retained on active duty until their ETS date when readiness or operational needs dictate. The early release program doesn’t affect reserve component soldiers. Soldiers selecting the early release program aren’t authorized permissive TDY in conjunction with separation processing. The following schedule is to be used for equitable early transitioning; two days leeway of the adjusted target ETS date is authorized as an exception:

Current ETS	Early Release Target Date
Dec. 1-2, 1999	Nov. 30, 1999
Dec. 3-4, 1999	Dec. 1, 1999
Dec. 5-7 1999	Dec. 2, 1999
Dec. 8-10, 1999	Dec. 3, 1999
Dec. 11-14, 1999	Dec. 6, 1999
Dec. 15-17, 1999	Dec. 7, 1999
Dec. 18-20, 1999	Dec. 8, 1999
Dec. 21-24, 1999	Dec. 9, 1999
Dec. 25-27, 1999	Dec. 10, 1999
Dec. 28-31, 1999	Dec. 13, 1999
Jan. 1-2, 2000	Dec. 14, 1999

Register for Army Ten-Miler by Sept. 18

By Sfc. Connie E. Dickey
Army News Service

America’s largest 10-mile race, the Army Ten-Miler, will be held Oct. 10 in the nation’s capital. “This year we are limiting participation to 16,000 runners and the registration deadline is Sept. 18, or when we have 16,000 registrants,” Jim Vandak, assistant race coordinator, said. Registration is open to anyone, military or civilian, teams and individuals, but no late entries will be accepted. Registration is easy at www.armytenmiler.com.

Race time is 7:50 a.m. for the wheelchair race, 8 a.m. for the Army Ten-Miler and 8:20 a.m. for the Junior Ten-Miler-a one-kilometer fun run. Entry fees are \$25 for the Army Ten-Miler and \$5 for the Junior Ten-Miler. You can access information on the course, travel, parking, packet pick-up and other important runner information at the web site. The certified racecourse begins and ends at the Pentagon and takes runners through D.C. with views of the Washington Monument, the Capitol, Lincoln and Jefferson

Memorials and the Kennedy Center. Vandak said although the course is virtually identical to last year’s, one minor change was made near the Capitol due to road construction. The 15th annual Army Ten-Miler is sanctioned by the USA Track and Field and consistently is rated as one of the top 100 races in the country by “Runner’s World” magazine, Vandak said. It is produced by the Military District of Washington and co-hosted by the Association of the United States Army.

AROUND THE ARMY

Battling combat stress: Preserving soldiers’ mental health

By Lt. Col. Angela Pereira
Directorate of Health Promotion and Wellness

Combat stress is a serious threat to individual and unit readiness. It can occur during times of war or during military operations other than war (MOOTW). Some stress can actually enhance performance, but too much stress may lead to behaviors that interfere with the unit mission.

If left untreated, negative reactions to stress can impair soldiers’ effectiveness and can lead to more serious behaviors. Those behaviors can threaten unit discipline, the mission, or soldiers’ lives.

Causes of combat stress are similar for war or conflict scenarios as well as for MOOTW environments. They include:

- insufficient training for the mission;
- cohesion or leadership problems;
- home front concerns;
- danger;
- adverse climate;
- periods of prolonged physical and mental demands;
- sleep deprivation.

Some stressors, however, are unique to war or conflict: prolonged or intense combat and the

Negative outcomes of stress in a military unit

- ANXIETY AND IRRITABILITY
- DEPRESSION AND GRIEF
- FEELINGS OF INADEQUACY
- IMPAIRED PERFORMANCE
- PHYSICAL COMPLAINTS
- PHYSICAL EXHAUSTION
- INSOMNIA

threat or exposure to death or mutilation.

During MOOTW, soldiers may experience unclear mission duration, ambiguous or changing missions, periods of forced inactivity, seemingly unjustified restrictions on freedom of movement, and unglamorous objectives that receive little attention and validation. Military operations other than war also can generate specific stressors that are unique to the particular mission. During Operation Sea Signal in Cuba, the humanitarian mission was marred by a series of riots by the Cuban refugees who saw themselves as

prisoners. Mission Uphold Democracy in Haiti and Operation Restore Hope in Somalia were operations in which the rules of engagement prohibited self defense and defense of others, in spite of threatened and actual loss of lives.

Prevention is the Army’s primary weapon in the battle against combat stress. Prevention means early identification of the stressors that may cause problems for soldiers. Once the potential causes of stress are identified, targeted actions and relevant education and training can be used to reduce or neutralize the stressor. For example, giving soldiers as much warning time as possible and a reliable departure date for the deployment can give them time to get their family and personal affairs in order, prepare more adequately for leaving, and get emotionally used to the idea of the deployment and the time away from their families. Realistic, ongoing training prior to being alerted for deployment also can neutralize many of the doubts and fears soldiers may

have and better prepare them for the hardships and demands they will face while deployed.

The second major strategy used to reduce the effects of stressors is early identification of negative stress reactions in units and individuals. Once the signs of combat stress are seen in individual soldiers, immediate actions must be taken to keep negative stress reactions from spreading throughout the unit.

Unit leaders and mental health personnel can reduce the spread of stress reactions to other soldiers by fostering a sense of cohesion; providing rest or recreation as needed and as tactically feasible; and allowing as much phone and mail contact with home and family as possible.

Stress reactions in individuals are treated using the following principles:

- Proximity - keeping soldiers with stress reactions as close to their units as is safely and tactically possible;
- Immediacy - treating soldiers as quickly as possible;
- Expectancy - setting the expectation that soldiers will adapt to the stress and return to duty;

Positive outcomes of stress in a military unit

- UNIT COHESION
- CAMARADERIE
- ALERTNESS
- HEIGHTENED STRENGTH AND ENDURANCE
- SENSE OF PURPOSE AND MISSION
- TOLERANCE FOR HARDSHIP AND PAIN
- HEROIC ACTS OF COURAGE

• Simplicity - providing soldiers with reassurance, rest, nourishment and an opportunity to express their fears and doubts, and expecting soldiers to maintain their military bearing.

Soldiers who are more severely disabled by stress must be evacu-

ated to treatment facilities that can provide longer-term, structured treatment, and sometimes, medication.

However, because premature evacuation often leads to long-term or even permanent psychological problems, evacuation should be a last resort.

Being aware of the threat of combat stress and knowing what actions need to be taken to reduce the impact of

stressors is key to maintaining soldier effectiveness and safety.

During times of war or when engaging in MOOTW, the success of the unit mission depends on recognizing combat stressors and preventing soldiers from becoming combat stress casualties.

MP slain in Korea awarded Soldiers Medal

Army News Service

SEOUL, Korea (Sept. 1, 1999) - A military police woman who was killed at Camp Red Cloud, Korea, while trying to shield other soldiers from a gunman was posthumously awarded the Soldier’s Medal Aug. 31 during funeral services in her hometown of McMinneville, Ore.

Sfc. Jeanne M. Balcombe of 1st Platoon, 55th Military Police Company, was on duty Aug. 21 at the Troop Medical Clinic, Camp Red Cloud, when she placed herself between three soldiers and an armed gunman.

Balcombe’s “quick thinking and selfless response” safeguarded and protected others, according to members of her command. They said she demonstrated “absolute dedication to the safety of her fellow soldiers” at the cost of her own life.

“Sergeant Balcombe was a respected and beloved leader in

this battalion,” Lt. Col. Donna Boltz, 94th Military Police Battalion commander, said. “She stands a hero in the military police branch, where our motto is ‘Assist, Protect, Defend.’

“The thoughts and prayers of the members of this battalion are with her family,” Boltz said. “We want them to know how much her fellow soldiers will miss her.”

Her peers, subordinates and leaders alike, praised her dedication to her soldiers at the memorial service that was conducted Aug. 24, at Memorial Chapel, Yongsan, Korea.

Her husband, Harvey “Mike” Balcombe, was presented the Soldier’s Medal during her funeral services held Aug. 31 in Oregon. The award was given for her “heroism in the face of danger,” according to the citation.

Balcombe is also survived by her two daughters, Kristin and Alice.

Balcombe began her military career as a parachute rigger with the 82nd Airborne Division, Fort Bragg, N.C. In 1988, she reclassified as a military police officer and has since served at Fort McClellan, Ala.; Bamberg, Germany; and Fort Lewis, Wash. She arrived in Korea in April of this year and was assigned as the platoon sergeant, 1st Platoon.

She formerly received three Army Commendation Medals, four Army Achievement Medals, four Good Conduct Medals and the Parachutist and Rigger’s Parachutist Badges.

Pfc. Jacob Bowley, also of the 55th Military Police Company, is being held on charges in connection with the incident. An investigation is under way.

Army returns some Chinooks to flight

Army News Service

WASHINGTON (Aug. 27, 1999) — The Army announced Aug. 27 that half of its previously grounded CH-47D “Chinook” helicopter fleet will return to limited flight.

The decision was based on an inspection of the records of all forward and aft transmissions for specific part numbers, according to Army officials. A Safety of Flight message, explaining the procedures, was transmitted to all Army aviation units.

The Army grounded its entire fleet of 466 Chinooks Aug. 9, following the discovery of a cracked transmission gear during an aircraft overhaul. No accidents or mishaps have been attributed to these suspect gears.

Army aviation units worldwide, working with the Boeing Company in Philadelphia, are seeking to locate all gears of the suspect type and design.

The Army is conducting a records check and is analyzing the

cracks’ likelihood for spreading or enlargement. Based on records checks and research thus far, the Army determined that aircraft with certain gear and bearing assemblies can continue training and perform operational missions that are limited to 80 percent, dual-engine torque.

The Program Executive Office for Aviation, with Boeing and the Army Aviation and Missile Command, are continuing to work toward getting the entire fleet back into full flight operations as soon as all records checks, inspections and replacements are completed.

For more information, call Army Public Affairs at (703) 697-4739 or the Program Executive Office, Aviation Public Affairs, Redstone Arsenal, Ala., at (256) 876-4162.

(EDITOR’S NOTE: Information provided by a Headquarters, Army Public Affairs news release.)

Want the latest post news?

Listen to the APG REPORT on Monday, Wednesday, and Friday, 7:08 a.m. and 4:08 p.m., on Aberdeen's WAMD radio station, 970 AM.



Sports and Fitness

Osteoporosis: A silent epidemic

By Lisa Young
Worksite Wellness coordinator, CHPPM Directorate of Health Promotion and Wellness

Osteoporosis is an epidemic in the United States, according to Dr. Michele Bellatoni, geriatrician and researcher on osteoporosis. Each year, 500,000 American women fracture vertebrae and 300,000 break their hips.

While this major public health threat is seen primarily later in life and largely in women, it is a disease about which everyone should be concerned. Financial and emotional family pressures from the care of a parent may be avoided by preventive measures.

Osteoporosis is defined as the thinning of the bone tissue so that it becomes porous. It impacts mainly postmenopausal women, and can result in fractures without obvious trauma. Bone is active body tissue, constantly being restructured as specific cells form and break down bone tissue.

Vicki Lucas, Women's Services for Helix/Medlantic Health System, said peak bone mass occurs in the early 30's. A person's bone thickness is determined largely by genes, but can be influenced by nutrition and exercise. The impact of osteoporosis occurs most frequently in spine, wrist and hip fractures. These fractures result in progressive disfigurement, chronic pain and reduced mobility.

Put the risk of fracture in proper perspective with other health care issues related to aging. Surprisingly, four out of 10 women will suffer a hip fracture after menopause. A woman's risk of having a hip fracture is equal to the combined risk of developing breast, uterine and ovarian cancer. Bellatoni said more than one million hip fractures occur annually, more than heart attack, stroke and breast and uterine cancers combined. Fifty percent of individuals who have a hip fracture lose their functional independence. This is not due to the surgery associated with the fracture, but to the recovery period, which frequently is complicated by blood clots, depression and incontinence.

Twenty percent of those with hip fractures die within one year from these medical complications. The risk of death from a hip fracture is the same as being diagnosed with breast cancer. The financial costs of osteoporosis are also high, with \$20 billion a year spent on osteoporosis. The impacts of osteoporosis are dev-

astating in terms of reduced quality of life, chronic pain, depression, increased medical costs and the potential for long-term nursing home care.

Prevention is the key to reducing the onset of osteoporosis. Women must be aware of the factors that accelerate bone mass loss. It is estimated that 77 percent of postmenopausal osteoporotic women (over 50 years of age) are undiagnosed and untreated. The most substantial factor affecting osteoporosis is menopause, at which time the female hormones in the body decrease due to the failing of the ovaries. Although researchers are not sure why, they concur that reproductive hormones have a strong influence on bone density. As female hormones decrease, there is an increase in the activity of bone cells which break down bone tissue. Women in their menopausal years may lose up to 4 percent per year of their bone mass resulting in a total loss of one third of their bone mass by age 65.

Besides menopause there are other factors that influence bone density. Positive effects on bone mass have been shown through a lifestyle that includes weight bearing exercise, increased physical activity, proper nutrition, smoking cessation, and limiting alcohol intake to two drinks per day. Conversely, there are negative effects on bone density from smoking, low body weight, rheumatoid arthritis and medical treatments that involve steroids and seizure medications.

To increase the chances of effectively preventing osteoporosis, you must know what puts you into the high-risk group. Indicators for osteoporosis and potential fractures due to this disease are:

- previous benign fractures;
 - loss of more than one inch of height per year;
 - Caucasian or Asian heritage;
 - a small, thin frame;
 - family history of osteoporosis;
 - menopause before age 45;
 - post-menopausal without hormone intervention;
 - and, low bone mineral density.
- Bone mineral density testing is a low-dose

x-ray that measures bone thickness and compares it to what is considered normal. It is recommended that premenopausal women have this test done to establish a baseline for future exams. The National Osteoporosis Foundation recommends testing for all postmenopausal women and everyone over 65.

It is never too late to make lifestyle changes. According to the National Institute of Health Consensus Conference, the single largest intervention to prevent osteoporosis in women is estrogen. However, because estrogen has the side effect of inducing tissue growth in the breast and uterus, it is dangerous for women with a medical history of these cancers. Newly introduced synthetic estrogens (tamoxifen, raloxifen) are effective in osteoporosis prevention as well as protecting against breast and uterine cancers.

Other than estrogen therapy, getting adequate calcium and vitamin D is essential. The recommended allowance of calcium for women after menopause is 1,200 milligrams. Data from 1996 indicate that women get only 600 to 700 milligrams of calcium a day. Calcium can be obtained from calcium-fortified fruit juices, milk, yogurt, broccoli, collard greens, salmon and tuna. Supplements of chewable calcium carbonate or calcium citrate pills are most effective when taken with a meal, unless the meal contains wheat bran that inhibits calcium absorption. The safe upper limit for calcium is 2,500 milligrams a day. Vitamin D is necessary for calcium to be absorbed by the body. Fifteen minutes of sunshine a day and dairy products are the best sources for vitamin D. It may be supplemented into your diet through a generic multivitamin to receive the recommended 800 units a day.

Regular weight-bearing exercise helps protect against unnecessary bone loss. Miriam Nelson, director of the Center for Physical Fitness, Tufts University, said exercise and strengthening activities may improve bone density and create better balance. A simple way to incorporate exercise that places pressure on the bones and joints is to take the stairs instead of the elevator.

Prevention through educational awareness, nutrition, exercise, healthy lifestyle choices, and hormone therapy is the basis for curbing this silent epidemic of osteoporosis. Information about osteoporosis and treatment is available from the National Osteoporosis Foundation at (202) 223-2226.



SPORTS SHORTS

Post-level softball team takes second place

The APG Bombers Post Level Softball Team finished second in the Washington Area Military Athletic Conference Softball League. The team finished the season playing in the Championship Tournament held Sept. 2 at Walter Reed.

The Bombers beat Annapolis, 11-1, in their first game and then lost to Walter Reed, 17-16, in the final game of the night.

"All 11 members of the team contributed to this great finish" said Coach Steve Czerwinski. "Rob Defebbo of TEU pitched tremendously and hit three homers in the two games. Rahman Crosby of KUSAHC also played extremely well by going seven for eight at the plate and grabbing eight put-outs in the outfield."

The second-place trophy was presented to the team at the end of the game and will be displayed at the APG Athletic Center.

Post-level soccer team to play Sept. 18

The APG Post Level Soccer Team will participate in the Washington Area Military Athletic Conference round-robin soccer tournament scheduled for Sept. 18 at Fort Belvoir, Va.

Active-duty military personnel interested in playing with the team should come to weekly practices held on Shine Sports Field on Mondays and Wednesdays, 6 p.m.

For more information call Marni Allison, APG sports director, 410-278-4497.

Boating classes scheduled

The Bush River Power Squadron has scheduled boating courses at 7:30 p.m. on Sept. 13, C. Milton Wright High School; Sept. 14, Joppatowne High School; and Sept. 16, Havre de Grace High School. For information, call 410-272-6323 or 410-679-3951.

Learn about boating and water safety

Lawrence G. Kaye of the American Red Cross Office is available to speak about boating and water safety to any group at APG. For information or an appointment, call the APG Red Cross Office, 410-278-2087.

CPOCMA director hosts leadership conference

CPOCMA Public Affairs Office

E. F. “Smiley” Williams, director of the Civilian Personnel Operations Center Management Agency hosted his first Leadership Conference Aug. 9-13 for directors and senior staff members of the 10 Civilian Personnel Operations Centers throughout the world.

The five-day conference at CPOCMA, headquartered at Aberdeen Proving Ground, focused on “standardizing the way we do business,” Williams said.

As a result of streamlining civilian personnel servicing functions, the CPOCs have been designated to perform a regional functions: recruitment, training, management, automation management, classification, personnel actions processing, maintaining personnel records, and processing employee benefits that do not require face-to-face contact with customers.

Williams cited the primary focus of the conference as getting the CPOCs to operate the same as much as possible.

“From my perspective, the conference was a resounding success,” he said. “It gave everyone an opportunity to share his or her successes. With standardization, our customers can get the same service, regardless which CPOC they are working with, and

Army managers and employees will benefit from streamlining our efforts,” he said. “My goal is to provide quality service to every customer.”

He explained that improved work processes will allow for more timely processing of personnel actions, a better final product, and less chance of duplicating work.

Mark Flanagan, CPOCMA’s personnel management specialist for the Northeast region, said the results of the conference would enhance standardizing the civilian personnel regionalization process.

He said the CPOC directors made inroads to creating more efficient work processes by streamlining the flexibility of the CPOC organization structure with customer-focused staffing and classification employees; electronic flow of personnel documents at the CPOC; and current and future deployment of RESUMIX throughout the world.

Karen Webb, the staffing division chief at Southwest CPOC, said standardized business practices would allow personnel actions to be consistent among the CPOCs, which would reduce backlog and improve timeliness.

“As managers move from one installation to another,” she said, “there will be a consistent way of

conducting business throughout the Army. Supervisors and managers will work with one business practice.”

Dan Clawson, Southwest CPOC director, briefed the group on the Army Benefits Center (ABC), which recently was approved to be located at Fort Riley, Kan. He explained how the Army will provide centralized automated benefits and entitlement services through Web application, automated telephone access and trained counselors for appropriated fund civilian employees.

Clawson concluded his presentation with a videotape that showed how the program will work. As the regions stand up, the videotape, along with other materials, will be sent directly to installations and activities to publicize the program in their areas.

Initially, the center will open in late October for employees in Southwest region, with expansion to the other stateside CPOCs in two-month intervals. Clawson said the Army developed the system so employees can have more control over managing their federal benefits.

Carole Johnson, chief of the Army’s regionalization office, deputy assistant secretary of the Army for civilian personnel policy, gave a presentation on the

modern Defense Civilian Personnel Data System (modern DCPDS), a defense-wide initiative to modernize the Human Resources community.

“The Pacific CPOC (at Fort Richardson, Alaska) is DoD’s first site to deploy the modern system in the Pacific region,” Johnson said. “Conversion to the modern system will begin October 15. The modern DCPDS will support regionalized services by automating previously manual processes and allowing direct access to up-to-date information. Everyone involved in the civilian personnel process, to include managers and supervisors, resource managers and personnelists, can access the system. Data will flow quickly and efficiently to organizations and geographic locations.”

Williams ended the conference by thanking everyone for their outstanding input. To ensure the 10 CPOCs continue to work together and establish the “best practice processes,” he said the staffing and classifications chiefs would meet semi-annually to refine and fine-tune processes.

“Over time, I hope to integrate the staffing and classification divisions so everyone is working as a team to meet their production goals and the needs of our customers,” he said.

LETTER TO THE EDITOR

When five minutes take 20

A guide to sharing football with your mate

By Charlie Hudson

“ARE YOU READY FOR SOME FOOTBALL?” sings Hank Williams, Jr. in the opening moments of Monday Night Football — words which generate shouts of enthusiasm from your mate and send you to the second, no doubt smaller, television in search of something like “Sleepless in Seattle.”

But if, like many of us, you really don’t want to lose contact with your significant other from the pre-season games of August until the Super Bowl in January, this is a handy guide designed to help you follow the game. It has taken me a number of years, but I have learned to enjoy football enough to comfortably share some of that time with my husband.

I should emphasize one important point before I proceed. There are varying degrees of football fever and if your partner is one who becomes affixed to the television, seeking out any game played on any channel at any time of night or day, you probably don’t need to read this guide since it might be easier to catch up on all your projects, go shopping or whatever.

That said, let’s start at the beginning. A football game is divided into four quarters, each fifteen minutes long with a half-time break of 20 minutes. Now, you might think that means a football game lasts one hour and 20 minutes, but it doesn’t work that way.

The 20 minutes during half-time is, in fact, 20 clock minutes, like any other normal activity. The 15 minutes of each quarter, however, are game minutes, which means the game clock only counts the seconds that the ball is in play. Therefore, the clock stops for things like when the ball is run out of bounds, a player is injured or other similar events. Each team is also allowed to call three time outs per half, so the game clock doesn’t count that time either. In other words, the 15 minutes in each quarter usually takes 30 minutes, or more, of regular time. That’s why a football game lasts for at least three hours and why you shouldn’t start something tricky like a Bearnaise sauce when your mate tells you there’s only four minutes left in a game.

Speaking of food; this can be a contentious issue. I’ve learned that even though the half-time provides an alleged pause for meals, the half-time show with scores and highlights from other games is equally distracting. The key to a smooth mealtime is to plan foods that either sit and simmer in case the game is tied at the end and goes into overtime, or better yet, eat in view of the television with no thought of dinner conversation. My greatest successes have been lasagna, chili, gumbo, stews and sandwich fixings. Pizza is of course the easy way out, and don’t forget the critical grazing items of chips, popcorn, nuts and pretzels. There’s a good chance that after your partner has eaten two entire bags of corn chips with salsa, there won’t be room for the Duck a L’Orange you lovingly prepared.

But back to watching football. Each team is divided into offense, defense and special

teams. The offense is where the quarterback plays, the defense comes on when the other team has possession of the ball, and the special teams are on at different times, but always when the ball is first kicked. Now, there are a dizzying array of terms such as nose guards, tackles, receivers, full backs, linemen, right guards, etc., which are continuously thrown about and can be an area of on-going education. What it comes down to is that no more than 11 players from each team can be on the football field during the time of play.

The game always begins with a toss of a coin. Whichever team wins the toss has a choice. They can have the football kicked to them by the opposing team or they can kick the ball to the other team. A team can only score points if they are in possession of the ball, so usually whomever wins the toss wants to have the ball kicked to them first.

Next you have what is referred to as drives and plays. The whole idea in football is to move the ball down the field to score. We’ll talk about scoring in a moment. Anyway, from the time a team has the football, they have four chances (downs) to move the ball at least 10 yards, which makes the first down. (This may be strange since you get four downs to make a first

You get four downs to make a first down, but for some reason football fans claim it makes sense.

If the team in possession of the ball can’t move the ball 10 yards or more, then they have to give the ball to other team and then they have four chances (downs). If they can make the first down, they keep possession of the ball and keep going until they either can’t make the first down, or they score. The drive includes all the time they have the ball and it may be a successful drive, which results in a score, or it may be an unsuccessful drive, which results in the other team getting the football. Each time they do something with the football, it is a play.

The team also chooses whether they want to pass (throw) the football or run it (keep it on the ground). These kinds of decisions lead to hours of discussion as fans and commentators talk about game strategies, the wisdom of selecting passing or running, the merits of how teams conduct the plays and so forth.

Now, during the drive, you can have a turnover, which is not a pastry, but is when the team who has the ball does something wrong and allows the other team to legally get the ball. The most frequent reasons are because the quarterback throws a pass that someone on the other team intercepts, or someone carrying the ball fumbles it and an opposing team member grabs it. There are many rules, however, which impact when one of the referees determines a turnover has occurred. These determinations can also be a source of arguments for players and fans alike.

This then brings us to the subject of penalties, one of the basic causes of emotional outbursts. For a game that fundamen-

tally consists of large men slamming into each other, there are an incredible number of rules. The correct players must line up in the correct place at the beginning of every play and the tackling, running, and the impact of two hundred and eighty-five pound linemen are governed by complex regulations. If you watch football often, you can begin to understand some of the simple ones, like offsides, when one player jumps

forward too soon and no one else is moving. Many other rules such as what is, and is not, pass interference can be confusing. Just be prepared for reactions from

the viewers any time a referee throws a yellow flag onto the field to indicate a penalty. Working through penalties also stops the game clock, by the way.

All right, let’s say a team has driven the ball, getting several first downs, and no penalties, using their offense successfully against the other team’s defense — see how you’re catching on? — and now they are close to the end zone, the area at the goal posts. A player has to cross into the end zone, in full possession of the football, to score a touchdown. In this case, cross into really means, get the football into, so that if the player is tackled with his body outside the end zone, but he’s holding the ball inside, it counts.

A touchdown is worth six points. After the touchdown the scoring team gets another choice. They can have their kicker go for the extra point, worth one point, or try to pass/run the football again for two points. Their best chance for success is with kicking, so that’s what most teams choose.

The other scoring situation is with a field goal. Let’s say the team got close to the end zone, but could not make it into the end zone before the fourth down. If they are close enough, the kicker will come out and try a field goal, which means he kicks the football from wherever the ball was at the end of the third try (down), and hopefully gets it between the goal posts. A field goal is worth three points, but the team doesn’t get to try for an extra point after a field goal. I have no idea why, but that’s the way the game is scored.

Now that we have covered the fundamentals, there is one final word about the length of football season. The regular college season runs September through the beginning of December. Between December and New Year’s Day are the College Bowl games which are selected teams that are supposed to be the top teams in the country.

Professional season is longer and starts with pre-season and exhibition games in August, the regular season is September through December with the playoff season until mid-January. The teams in the playoffs will be narrowed to only two teams that will compete in the Super Bowl late in January.

As you probably already know, the Super Bowl is essentially sacred to football fans. It may also be the perfect time for you to surprise your mate by actually watching the game while a savory pot of chili or stew bubbles aromatically on the stove (all right, you order pizza instead) sympathizing when the referee makes a bad call, and nodding in understanding when the favored team completes a winning drive.

So the next time Hank Williams, Jr. shouts “Are You Ready for Some Football?”, you can reply, “Not always, but every now and then it’s okay.”

APG salutes colonel upon retirement

By E.C. Starnes

Ordnance Corps Corporate Affairs Office

Rain threatened and the soldiers didn’t pass in review, but the band played on as the monthly Aberdeen Proving Ground retirement ceremony was conducted in Dickson Hall Auditorium.

Col. Patrick W. Button, assistant commandant of the U.S. Army Ordnance Center and School, was honored by Army Chief of Ordnance Maj. Gen. Dennis K. Jackson. Button, who retired with more than 28 years of service received the Legion of Merit (2nd Oak Leaf Cluster); a certificate of retirement signed by Gen. Eric Shinseki, Army chief of staff; and a Certificate of Appreciation for his dedication and service by Commander-in-Chief President Bill Clinton.

Jackson also honored Mary Lou Button for the support of her husband during his career and her efforts in support of the local community.

The general noted that there are many “buzzwords” used throughout the Army and the media these days to describe the Army of the next millennium. He noted that no matter what words are used to describe that Army, Button had a major impact on the Army.

Outlining his career as a leader in the field of combat, doctrinal, and training developments, Jackson addressed Button and said, “You know how the Army runs and you made a difference.”

He added that Button’s retirement is an issue of “moving on, not moving out.” He recited a message provided by a friend that stated: “There is a trick to a graceful exit. It begins with the vision to recognize when a job, a life stage, a relationship is over - and let it go. It means leaving what’s over without denying its validity or its past importance in our lives.

“It involves a sense of future, a belief that every exit line is an entry, that we are moving on, rather than out.

“The trick of changing jobs may well be the trick of living well. It’s hard to recognize that life isn’t a holding action, but a process. It’s hard to learn that we

don’t leave the best parts of ourselves behind, back in the dugout, the motor pool, or the office. We own what we learned back there. The experience and the growth are grafted into our lives forever. And when we exit, we can take ourselves along - quite gracefully.

“May God be gracious to you as you leave this Army today,” Jackson said. “We appreciate and will remember your commitment and contributions.”

Button noted that he began his career as a young lieutenant at OC&S and was happy that his last assignment was at the same place. He thanked his family for their support and told those in attendance, “It was a pleasure to serve with all of you.”

The Key West, Fla., native was drafted into the Army in 1969. After a short period in the Infantry, he was commissioned through the U.S. Army Field Artillery Officer Candidate School in 1970. He was released from active duty in 1972 and received his degree in Microbiology from Montana State University.

In 1975 he reentered the Army. During his career he earned a Master of Science degree in Management from Salve Regina University in Newport, Rhode Island, and a Master of Arts in National Security. His military education includes the Ordnance Officer Advanced Course, the U.S. Army Command and General Staff College, and the U.S. Naval War College.

Button served in a variety of command and staff assignments, but it is his work in combat developments, materiel and doctrine development, and training developments that earned him a reputation as a leader in not only the Ordnance Corps, but throughout the Army as well.

The Buttons have two children, Erica and Patrick, and will reside in Bel Air.

Also participating in the ceremony honoring the Buttons was Ordnance Corps Regimental Command Sgt. Maj. Timothy D. Ayers and the 389th Army Band (AMC’s Own).

GEICO launches military service awards program

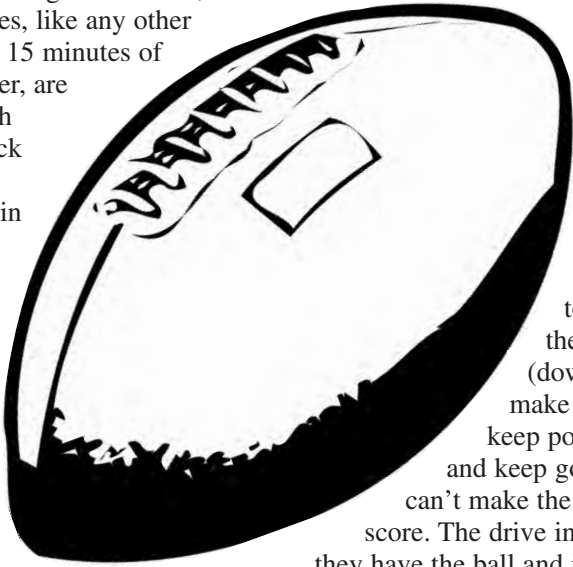
The GEICO Military Service Awards program is seeking enlisted personnel who perform outstanding service to the military or civilian community. The program is sponsored by the GEICO Philanthropic Foundation.

Jim Keller from GEICO’s Aberdeen office said he would like to see the installation more involved in the selection process.

APG Garrison Command Sgt. Maj. Dean M. Kolker said those who want to nominate someone should contact him at 410-278-1509, or Keller at 410-273-6004. The program honors one enlist-

ed member from each military service and one from the selected Reserve component for outstanding service to the community. Each installation may nominate enlisted personnel who meet the criteria in drug and alcohol abuse prevention, fire safety and fire prevention, and traffic safety and accident prevention.

Nominations must be received by Nov. 1. Each winner will receive a \$2,500 cash award, a commemorative plaque and an all-expenses-paid trip to Washington, D.C., for the awards ceremony on April 24, 2000.



TECOM gives top soldiers, NCOs a closer look at nation’s history during trip to D.C.

HISTORY, from page 4
try,” Jemison said.

From the Memorial Gardens the group toured the Pentagon, in Arlington, Va. After receiving badges in the mall area, Navy Seaman Elijah Carmon led them to a fourth floor miniature display of military aircraft.

In the Marshall Corridor were the offices of Army Chief of Staff Gen. Eric K.Shinseki, Sergeant Major of the Army Robert E. Hall, and Secretary of the Army Louis Caldera.

Caldera’s executive assistant, Madeline Aldrich, welcomed the candidates into the secretary’s office.

“We are permitted to allow small groups in on very special occasions,” Aldrich said.

Aldrich pointed out interesting items in the vast office, beginning with a photo album with pictures of the Secretary presenting an award to motion picture director Steven Spielberg, for recognition of the movie “Saving Private Ryan.”

The secretary’s desk, called the Taft Desk, dates to 1880 and was the last desk used by President William H. Taft before he became Secretary of State.

Most impressive were an eagle sculpture recovered from the Alfred P. Murrah Federal Building in Oklahoma City, and two original paintings of the Battle of Lookout Mountain and the Battle of Chicamauga by artist James Walker.

Aldrich presented each of the seven candidates with commemorative coins from the office of the Secretary of the Army.

“Treasure these,” Walker cautioned them. “Even I don’t have one of those.”

Downstairs, was the Gen. Douglas McArthur Corridor, the Hall of Heroes dedicated to Medal of Honor recipients, and the Military Women’s corridor, for women of all branches, past and present.

The group paused for lunch at Fort Myer, Va., where Walker will assume the responsibilities of command sergeant major of the Army Test and Evaluation Command (ATEC) in October. After a buffet luncheon the group toured the 3rd Infantry Division (Old Guard) Museum, escorted by Pfc. Jason Welden, who briefed the group on the background and functions of the Old Guard elements.

In the museum, director Rob Alley explained that the Old Guard, 1,280 strong, conducted nearly 800 ceremonies last year.

“In the past few years Great Britain has spawned 40 new republics and the Soviet Union breakup created 14 more,” Alley said. “Add to already established countries the amount of dignitaries that are holding offices comparable to ours, and the need for receiving ceremonies is almost constant.

Besides reception, Welden pointed out, the Old Guard performs funeral services, pass in reviews, parades and reenactments, and travels extensively.

The Old Guard also is responsible for guarding the Tomb of The Unknown Soldier. Alley explained that obtaining a Tomb badge is the most sought after honor after the Astronaut badge.

“Only 350 have been awarded the badge since 1968. That’s less than half of all who achieve Old Guard status,” Alley said.

What does it take to obtain the badge?

“Absolute perfection is the only measure,” Alley said.

The final stop of the tour was at the famous tomb, inside Arlington National Cemetery,



Photo by YVONNE JOHNSON

White Sands Missile Range Command Sgt. Maj. William Jemison points to the name of Andrew Evans, a former school mate who died in Vietnam in 1967. Jemison said his last memory of Evans was when he told the school assembly he was going to fight for his country.

adjacent to Fort Myer.

Before watching the changing of the guard, the seven candidates were allowed inside the Tomb Guard Headquarters for a brief tour by Spc. Derringer Fenton. Fenton explained that the tomb holds the remains of a service

member from World War I, World War II and the Korean War.

“The fourth from Vietnam was removed last year when the remains were identified,” Fenton said. “Most people don’t realize that the President of the United States is listed as the next of kin

for the unknown soldiers.”

As the tour ended, many participants walked slowly back through the cemetery, occasionally pausing to take in a point of interest or to recall the day’s highlights. TECOM NCO of the Year candidate Russey described the day as “motivational and inspirational.”

“It hits home as to why we put the uniform on every day,” Russey said. “I will really remember Arlington National Cemetery.”

Moore-Batchelor, one of the three TECOM Soldier of the Year candidates, said she would remember it as an exciting day even though she had seen it all before.

“The last time I was here I was in high school. Now, as a soldier, it all has a whole new meaning,” she said.

Accompanying Walker and the seven candidates on the staff ride were, Command Sgt. Maj. William Jemison and Sgt. Maj. Paul Rodriguez from Fort Huachuca, Ariz., 1st. Sgt. Melvin Smith, from Aberdeen Test Center, and guests.

PET OF THE WEEK



Photo by DAVE MAYOR

Old ‘Blue Eyes’

This blue-eyed white male kitten is available for adoption at the Post Veterinary Treatment Facility. Other cats and dogs are available for adoption; you do not have to be in the active-duty military to adopt animals from the facility. For details, call 410-278-3911.